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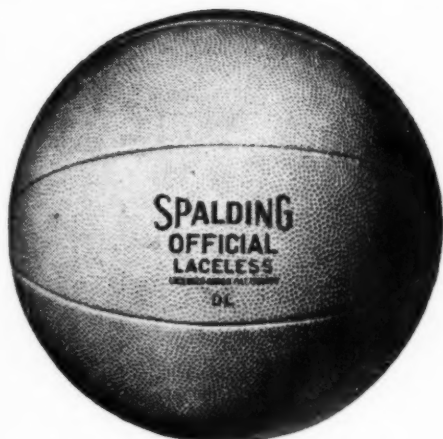
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of East High School,
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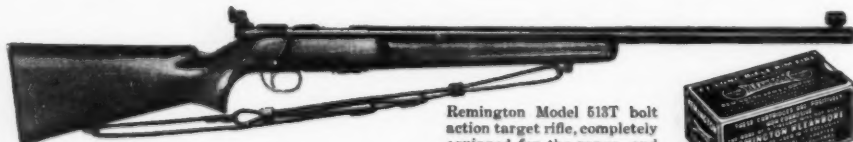
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COACHING SCHOOL DIRECTORY

Editor: OWEN REED

Assistant Editor: H. L. MASIN

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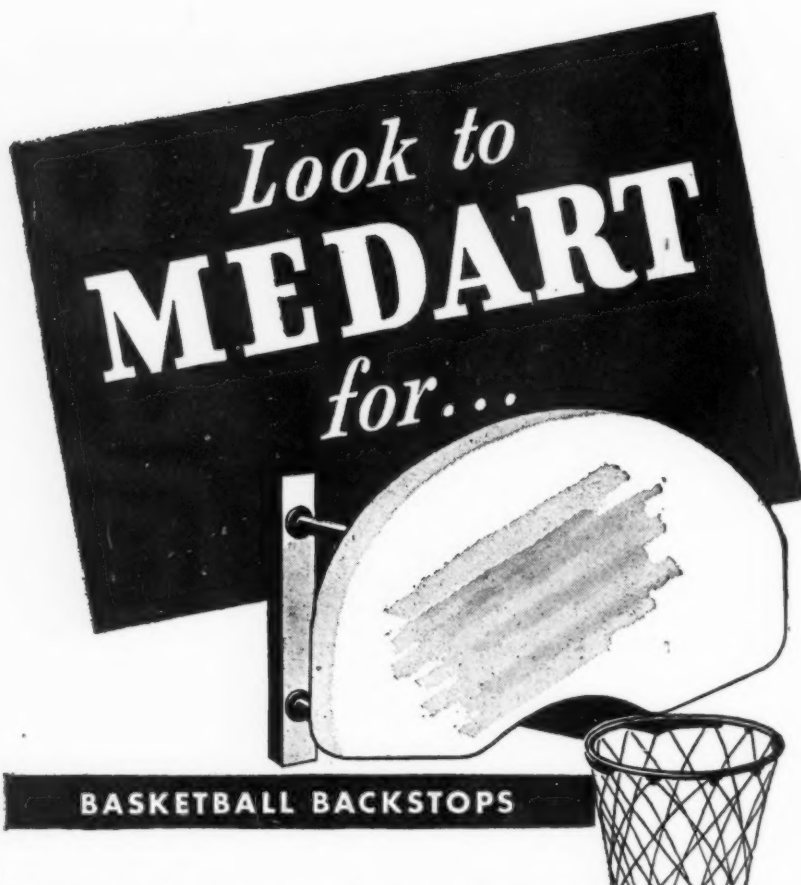
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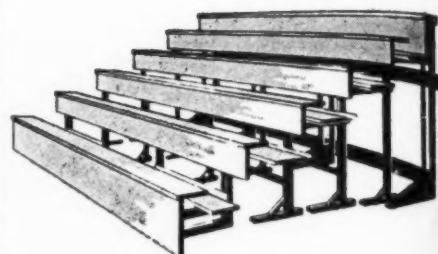
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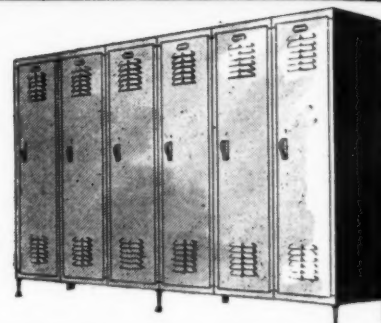
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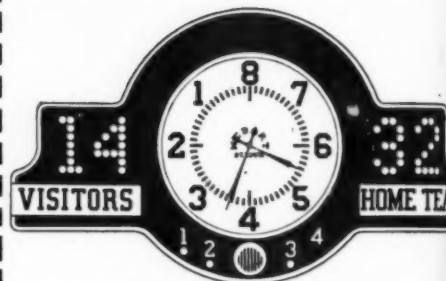
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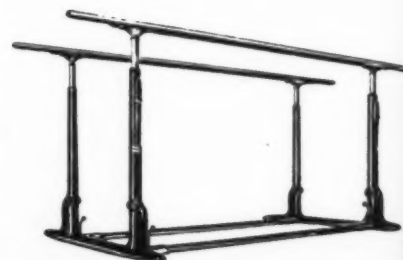
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Here
Below

Schoolboy coach makes good

NOTICE how more and more high school coaches are moving into the big time? Off-hand we can think of at least seven men who've climbed upstairs in recent years:

Paul Brown and Carroll Widdoes, from Massillon (O.) to Ohio State; Bill Anderson, from Lower Merion (Pa.) to Lafayette; Red Gebhardt, from Hackensack (N.J.) to City College of New York; Bert LaBrucherie, from So. California to U.C.L.A.; and Matt Davidson, from Tarrytown (N.Y.) to Princeton.

How tough is the transition? Is college coaching a picnic compared to schoolboy wet-nursing? How much orientation does the ex-schoolboy mastermind need?

Armed with these questions, we descended upon George Eastment the other week. You probably know about George, thanks to those flattering articles in *Life* and a raft of other magazines.

Before becoming track coach at Manhattan College, Eastment was a phenomenal schoolboy coach. At Bishop Loughlin Memorial High (N.Y.), he copped more titles than you could shake a baton at. (For his record and system of coaching, refer to the article on page 18.)

We cornered George on the Manhattan track, busily protecting his health against flying baseballs. He steered us into the weather-beaten bleachers, where we proceeded to shot-put questions at him.

A personable, modest fellow (he shows no signs of growing paeans), looking a lot younger than his 40 years, he considered our questions thoughtfully.

"Well," he said, "college coaching is easier in some respects and tougher in others. Easier in the sense that you get maturer, more experienced material to work with. You don't have to spend as much time on fundamentals. In schoolboy coaching, you must start from scratch.

"But college coaching isn't exactly a bed of roses. That bed has plenty of cinders. For one thing, you can't get all the boys out at the

same time. Late classes and tough curricula prevent many of the boys from coming out on time or from working out more than two or three times a week. That rarely happens in high school."

He paused a moment to give instructions to a couple of newcomers. "Another thing," he continued, "take the matter of training rules. You can't lay down the law to college men, especially in these times.

"Look," he said, pointing to two sweat-suited figures striding easily around the track. "The fellow on the inside shot down 15 Jap planes during the war. The other boy participated in a half-dozen invasions. Was wounded, too. Now how can I tell them to be in bed by 10:30?"

What about techniques—did he have any unique ways of teaching things?

"Oh, I have a few little quirks. But so does every coach. I'll tell you an interesting thing, though. Remember that *Life* spread last May? One of the pictures showed a Loughlin runner receiving a baton with his left hand while looking over his left shoulder.

"You know I received over 100 letters from track coaches asking for more information on this inside-type pass!

"One of the cardinal rules of baton passing is to receive the stick with the right hand. But I've had good success with the reverse method.

"In all my years of coaching, I don't think my teams have lost five races through faulty stick handling."

We grinned smugly. "Do you ever see *Scholastic Coach*?"

"Sure, I've been reading it for years—clip all the track pictures, too."

"In our February issue," we continued, "W. Harold O'Connor described the inside-type pass. He uses it at Peck High up in Barrington, R.I."

Eastment smiled. "I'm afraid I'll have to go over that issue again."

WE wonder how many T-totalers are left in the coaching fra-

ternity. Meaning the T-formation abstainers, of course. Seems as though everybody is using it these days—if not in toto then as a supplement to the regular offense.

When a formation achieves universal popularity, our coaching brethren become fastidious. They don't like the idea of working something exactly the same way as a couple of thousand other guys. So they take out their scalpels and hacksaws, and rip into the corpus delicious.

That's how we got the winged T, the split T, and the D-T's.

Latest nigh-T-mare is the double-quarterback T. Designed by sportswriter Stan Woodward, it aims to keep every one in the park wholly in ignorance of where the ball is.

The lineup is simple. Nine of the players deploy in a normal T. The two others—the quarterback and the man who ordinarily plays full-back—both play under center.

When the ball is snapped to one or the other, both pivot inward. Can human eyes see the ball? No, says "Coach" Woodward.

The basic play is a double dive-tackle. Both quarterbacks go through the same motion, faking or handing the ball to the halfbacks simultaneously.

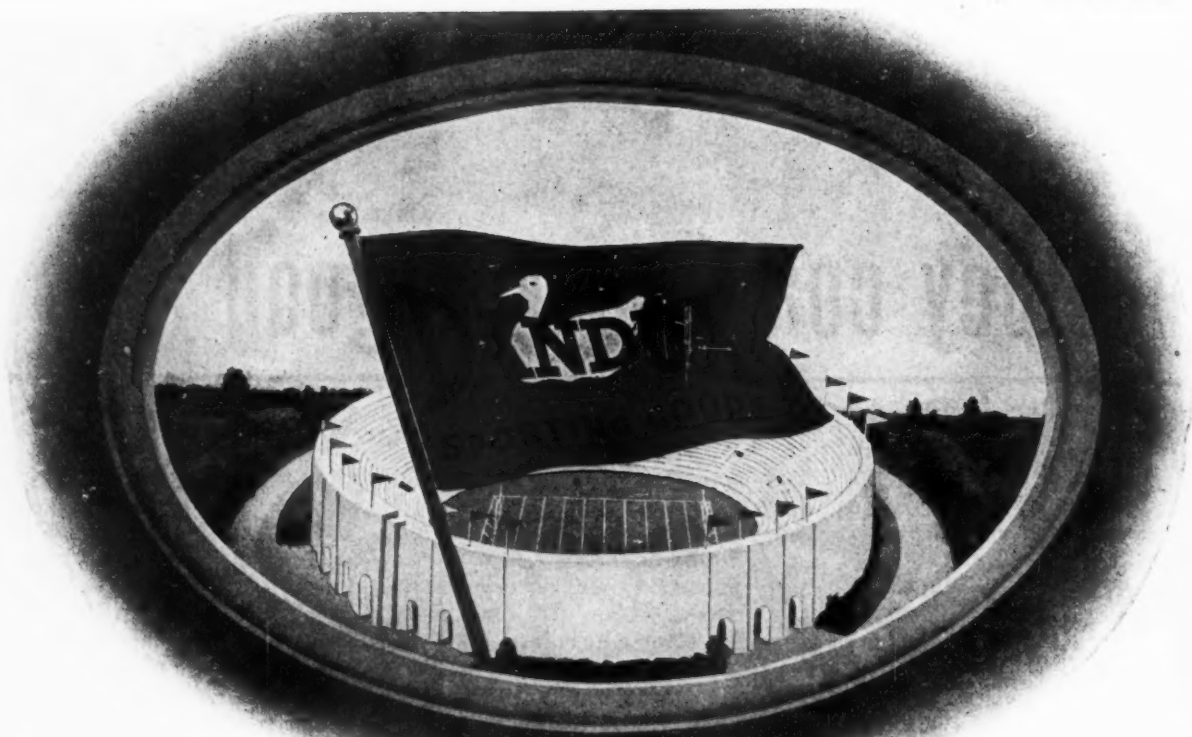
Kind of neat, huh? The play pulls both backers-up in and prevents one from aiding the other.

The "Coach" is all enthused about it. With typical Woodwardian reticence, he claims this formation may render all other forms of football obsolete.

OUR basketball rules doctors are amazing people. They can diagnose, operate and stitch up a sick rule in one afternoon. But there's one type of "patient" they refuse to handle—the hyper-thyroid center.

Look at the rules changes for next season (page 38) and you'll see that as usual the gland-stand boys escaped unscathed. But you can hardly blame the rules doctors. Nearly everybody agrees that something should be done about the goon

(Concluded on page 63)



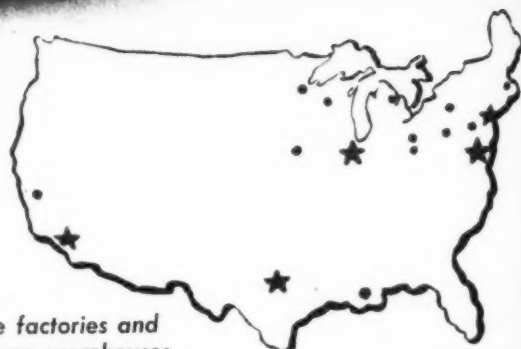
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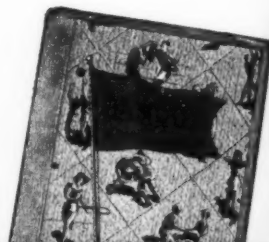
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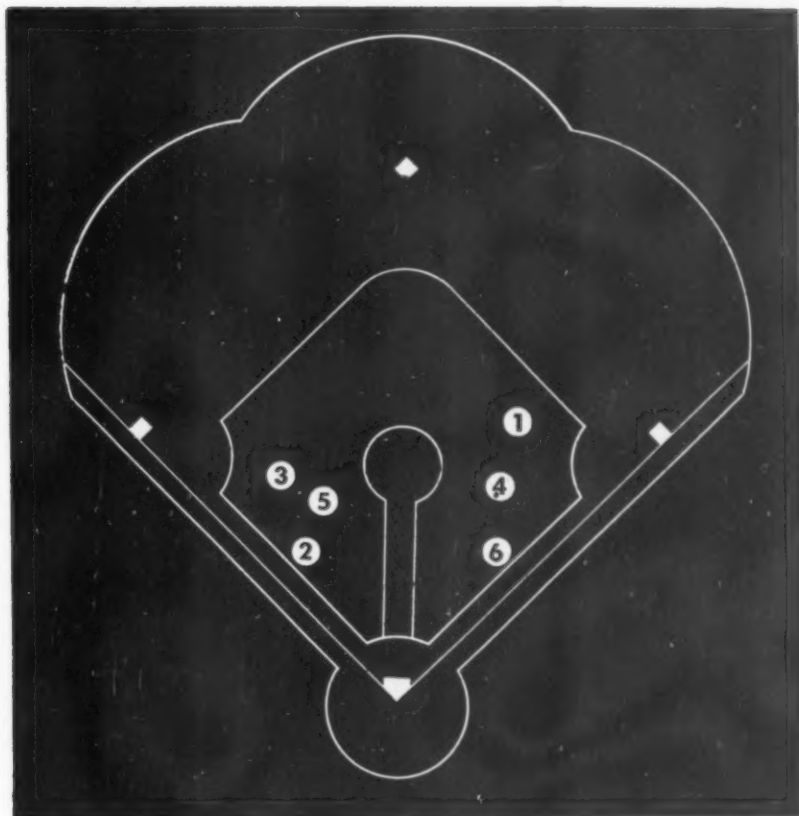


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Bunting



General bunting areas: (1) long drag bunt to right; (2) short drag to left; (3) fairly long sacrifice to advance man to third; (4) sacrifice midway between pitcher and first to advance runner to second; (5) same sacrifice to other side; (6) short sac. with man on 2nd.

This is the second of two articles on offensive baseball by Sidney "Sammy" Hale, football and baseball coach at Norwood High School, Cincinnati. In his installment last month, the author presented a complete analysis of the straightaway batting swing.

NEGLECTED though the art may be, bunting remains a potent offensive weapon. When the chips are down, and one run spells the ball game, even the power-hitting clubs resort to it.

In weighing the merits of the bunt, keep in mind that it is difficult to set a defense against it. In fact, it is easier to train a bunter than it is to perfect a satisfactory defense.

In schoolboy ball, a good bunt usually does one of two things: it either handcuffs the infielders or forces them to throw wild. Few green infielders can throw when hurried or off balance.

Bunts fall into two categories: the sacrifice, where the idea is to advance a runner at the expense of the batter; and the offensive bunt, where the batter tries to reach first by surprising the defense.

Sacrifice. The first admonition to the schoolboy sacrificer is to be set before the ball reaches the plate.

Assume the regular stance at the

plate. As the pitcher releases the ball, pivot the front foot so that the toe faces the pitcher. Then slide the back foot a bit forward to a point behind and parallel to the front member.

The body may face the pitcher squarely or it may be turned just three-quarters around. The latter position is preferred, since it is more flexible and offers better protection against foul tips.

As you turn, slide the right hand (for right-hand batters) up to about the trademark. Grip the bat lightly with the fingers and thumb of the right hand, the bat resting between the first and second joints of the four fingers. Your left hand remains stationary and also grips lightly.

Extend the arms so that the bat is presented in front of the body and parallel to the ground. A perfectly level bat offers the greatest bunting surface. Now relax.

Crouch slightly, keeping the feet comfortably spread, the knees a bit flexed, and the weight over the balls of the feet. Be ready and waiting for the pitch—let the ball hit the bat. Do not jab or punch at the ball. Offer only at good pitches unless the running squeeze is on.

Angle the bat according to where

you want to place the ball. To bunt down the third-base side, slightly withdraw the left hand until it comes closer to the body than the right. Meanwhile gently extend the right.

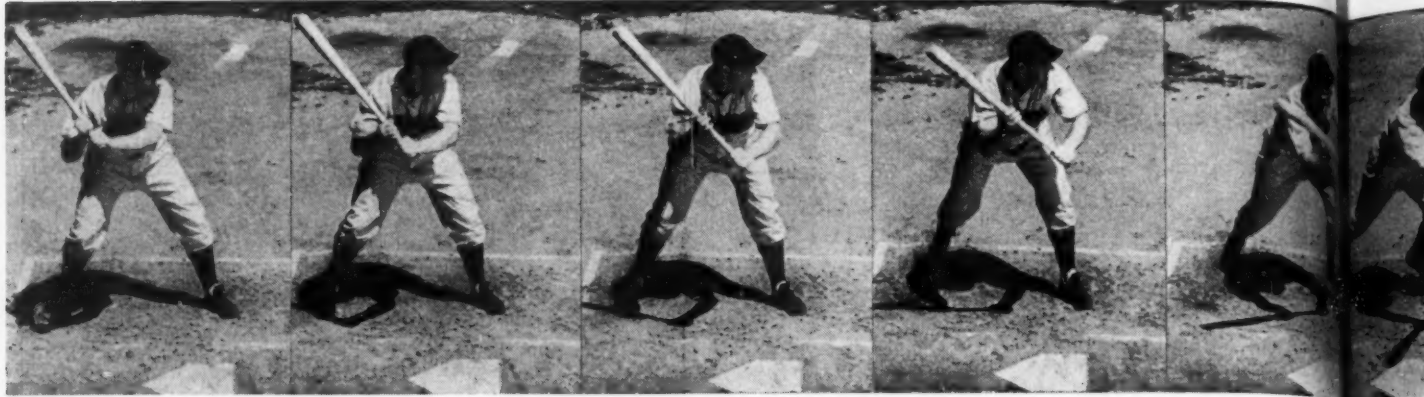
For bunts down the first-base line, gently push the left hand away from the body, and withdraw the right until it is somewhat behind the left hand.

As the ball meets the bat, let your hands and arms give slightly. Don't start to first until the bunt is actually made.

Running squeeze. In this play, the runner starts with the pitch. Hence, it is imperative for the batter to offer at the ball (as previously described), regardless of where it may be. (Incidentally, a high, fast, inside pitch is a potent antidote for this type of sacrifice.)

The running squeeze is a nice play with a runner on third, none or, better yet, one out, and the count in favor of the batter. It is very effective when you need a run badly in the late innings of a tight game.

Safety squeeze. The mechanics of this sacrifice are similar to those of the running squeeze. This time, however, the runner assumes a safe,



comfortable lead. If the bunt is good, he goes. Otherwise, he holds up. The batter offers at balls only within the strike area.

This is a safe type of bunt for amateur and semi-pro ball inasmuch as it takes a near perfect throw to retire either man. It also greatly reduces the danger of double plays.

Use this sacrifice in any inning with runners on first and second and none out, as protection against double plays. Be sure to place the ball far enough out to suck in the third baseman and leave the bag unprotected.

During the late innings, use this bunt to advance runners into scoring position (from first to second or second to third).

The bunter's primary duty is to sacrifice the runner. Only then should he think in terms of running.

The chief offensive bunts are the drag and the push. These are very good stunts for clever bunters who can pick 'em up and lay 'em down (especially left-handers). Use these bunts when:

1. Either the third or the first baseman is playing too deep or out of position.

2. The pitcher or any other infielder is poor at covering bunts.

PUSH BUNT BY DAN LITWHILER, PHILLIES

3. The pitching is so effective few men are getting on base.

4. You want to spring a surprise.

The **drag bunt** is placed between the pitcher and first baseman, just hard enough to elude the pitcher and slow enough to handcuff the second baseman.

Good, speedy left handers can do a lot of damage with this bunt. The arms lag as the stride is made, and the bat is shoved out at right angles to the side of the body.

The right-handed batter may direct the ball in the same direction. But he must **push**, rather than drag, the ball.

The regular stance and stride are used. The weight is placed on the front foot and a fast getaway step towards first base is taken with the rear foot. The bunter uses a little more muscular tension, however, and taps or pushes the ball considerably harder.

When bunting to the third-base side, a short bunt is desirable. To the first-base side, a fairly long bunt between the pitcher and first baseman is ideal.

Left handers should bunt outside pitches down the third-base line and inside balls down the first-base

side. The right hander pats the inside pitches down third and the outside balls along first.

The No. 2 man should be your best bunter. If he is left handed, so much the better. The main idea is to advance the No. 1 man into scoring position where he may be batted home by No. 3 (your most consistent hitter) or No. 4, the cleanup man.

Following are the various uses of the bunt:

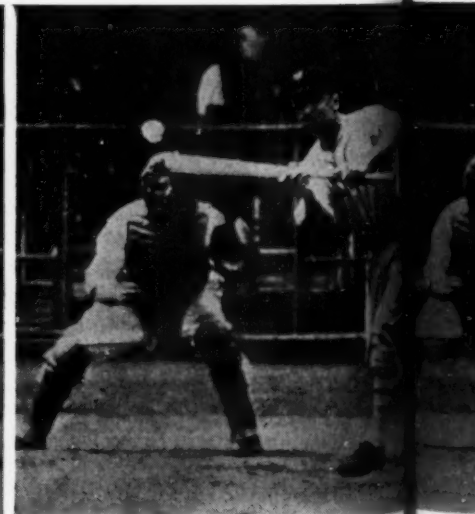
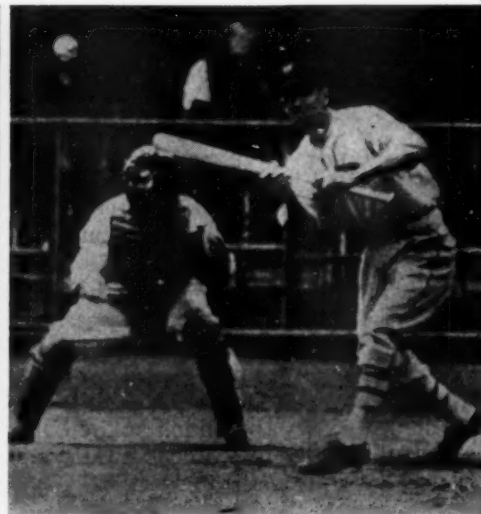
1. To protect a lead when ahead, by advancing a runner into scoring position in the hope of building up a bigger lead.

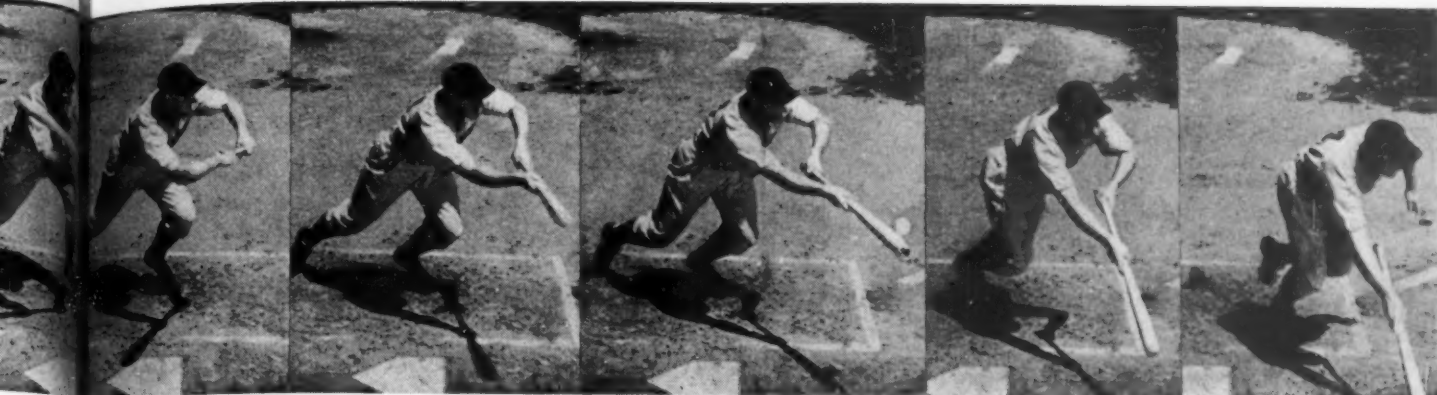
2. When playing for one run, wherein a man is squeezed in from third to win or tie the score (usually with one out in a late inning).

3. Protection against a double play, with a weak hitter at bat. (Runners on first and second, pitcher up, none or one out.)

4. To get a man on base in tight situations, where the pitcher is allowing few men to get on. The running drag may often catch the defense napping.

5. Fake bunt and double steal, a very effective maneuver as a variation of the dead-sure sacrifice. With





runners on first and second, and the sacrifice play indicated, this stratagem will usually work where the third baseman is a charger.

The batter makes his fake look as realistic as possible, thus drawing the third baseman out of position and letting the runner slide in behind him.

This play may boomerang if the third baseman knows how to coordinate his play with the pitcher. The pitcher should field the bunt, leaving the baseman free to cover the bag. The baseman comes in only if the ball passes the pitcher.

Another defensive aid with a runner on second is to have the short-stop hold the man close to the bag.

6. Fake a bunt and hit. Assume the bunting position. When the infielder dashes in to cover, quickly slide the right hand down the bat and hit the ball.

Clever wrist hitters can use this trick effectively. Any ball solidly banged at an infielder will teach him to "stay honest."

7. To overwork an already tiring pitcher. On especially hot days, when the pitcher is stingy with hits, he can sometimes be softened up by continual bunting—a play that

forces him to do a lot of running.

The fall and early indoor periods afford excellent opportunities for work on bunting. At this time, the fundamentals may be given and faulty techniques remedied. Thus, when suitable weather arrives, more time can be allotted to hitting practice and its time-consuming individual corrections.

After the bunter has learned the proper stance, footwork and arm action, the pitcher can bear down with a little faster pitching and an occasional curve. Only a medium fast straight ball should be thrown in the indoor bunting sessions.

In the outdoor drills, it's a good idea to lay down markers at the proper spots, as targets for the bunters. These markers stimulate the bunter to drop the ball with a definite purpose.

The bunters should be assigned to a special area, adjacent to the batting cage. This special bunting zone furnishes concentrated practice and eliminates horseplay. The batters awaiting their turn in the cage can thus keep themselves busily and fruitfully occupied.

Following are a few of the more common misdemeanors in bunting:

1. Offering at bad balls. High pitches are often popped into the air and converted into double plays.

2. Not ready. Not pivoting around soon enough to face the pitcher, or not bringing the bat out in front to follow the pitch.

3. Squeezing the bat. A tight grip leads to over-long bunts, which can be easily and quickly fielded.

4. Taking eyes from pitch. If the batter doesn't watch the ball right up to the bat, more often than not he will either completely miss the ball or foul it off.

5. Flinching. The bunter "gives" prematurely—pulling his bat too far back towards the catcher. This removes the bat from the bunter's line of vision.

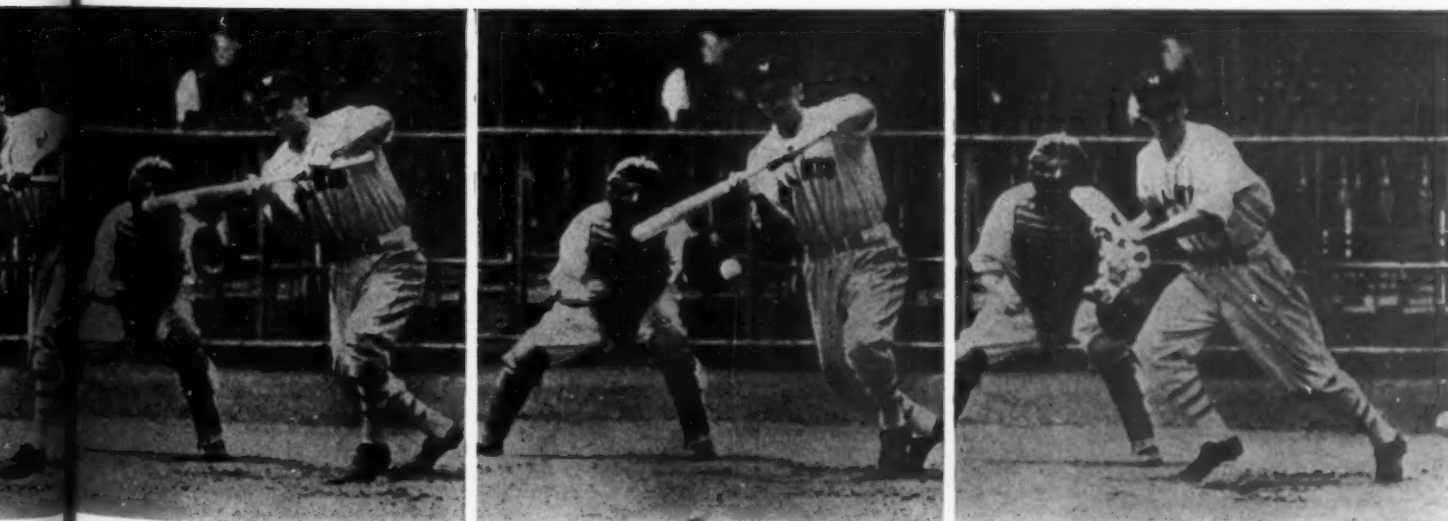
6. Punching or stabbing at the ball invariably produces too hard or too long a bunt.

7. Bat not level with the ground. Holding the bat parallel to the ground decreases fouling by increasing batting surface.

8. Tenseness. Over-tense muscles do not give the bunter the necessary freedom of action so vital in making quick adjustments. Relax.

9. Loss of confidence. After a few poor bunts, many batters lose confidence. Only by diligent practice can confidence be built or restored.

PUSH BUNT BY TRAVIS JACKSON, EX-N. Y. GIANT



distance... sprint...

RUNNING

by Emil Von Elling

In his 30 years of track coaching at New York University, Emil Von Elling has won 44 team championships! Among his myriad conquests are the national A.A.U. indoor crown (1943) and the intercollegiate outdoor title (1941 and '43). Known far and wide as a maker of champions, Von helped train Glenn Cunningham in the latter's post-graduate running days, and has been coaching Les MacMitchell since America's No. 1 miler graduated from high school. In 1932, Von served as assistant coach of the American Olympic team, as well as president of the College Track Coaches of America. This critique on running is reprinted from the splendid new booklet Von Elling prepared for the Keds Sports Department (No. 11, "Track and Field"), which may be obtained free by checking the master coupon on page 64.

RUNNING fast isn't all there is to sprinting. That's only the beginning. To become a champion, you must master four things: (1) the start, (2) the pick-up, (3) the stride, and (4) the finish.

And even that isn't enough. You must learn to blend them together, so that it is impossible to tell where the start finishes and the pick-up begins.

The holes. The first thing to learn is the start. And the first essential in the start is good starting holes. These give the feet firm support for the opening spring.

You're supposed to dig these holes yourself. So walk up to the starting line. Stand up straight about 12 inches behind the line. Place the right toe on line with or just a little behind the left heel. This gives you

a good base for the "bunch" start—the fastest way of starting there is.

You may now dig the holes. They don't have to be garbage pits. Dig them deep enough to comfortably accommodate the soles of your feet.

Make sure to slant the rear wall of the front hole and to make the rear wall of the back hole nearly straight up and down. This will give your feet a firm surface to drive against.

On your mark! Place your hands on the starting mark. Now put the left foot in the front hole, setting it comfortably against the rear wall. Then put the right foot in the back hole. Kneel on your right leg. Move your feet around in the holes to make sure the footing is firm.

If you've dug your holes correctly, the right knee should come to a point opposite or just a little behind the toe of the left (front) foot. Most of the weight is over the right (kneeling) knee.

Now adjust your hands on the starting line. Place them just outside the hips. Spread the fingers in tripod fashion. Extend the thumbs away from the fingers so that they point in (towards each other).

The other fingers are kept together and point out. The palms do not touch the ground. The hands rest on the track directly under the shoulders. The head is up and the arms straight.

Get set! Take a deep breath and

raise the knee of the right (back) leg about three or four inches. Keep the back straight (parallel to the ground), and move your shoulders forward to a point above or even a little over the starting line. This brings the weight over the forward leg and arms.

The position of your head is very important at this stage. Many beginners like to look all the way down the track. This strains the neck muscles and may tense the whole body.

So, to stay relaxed, train your eyes on a point about seven yards out in front.

Go! On the gun, don't stand up! Keep low. Drive hard against your holes, especially with the left (front) foot, and spring from your marks. At the same time, start the arm action. As the right (back) leg comes out of the hole, whip the left arm forward and swing the right arm back.

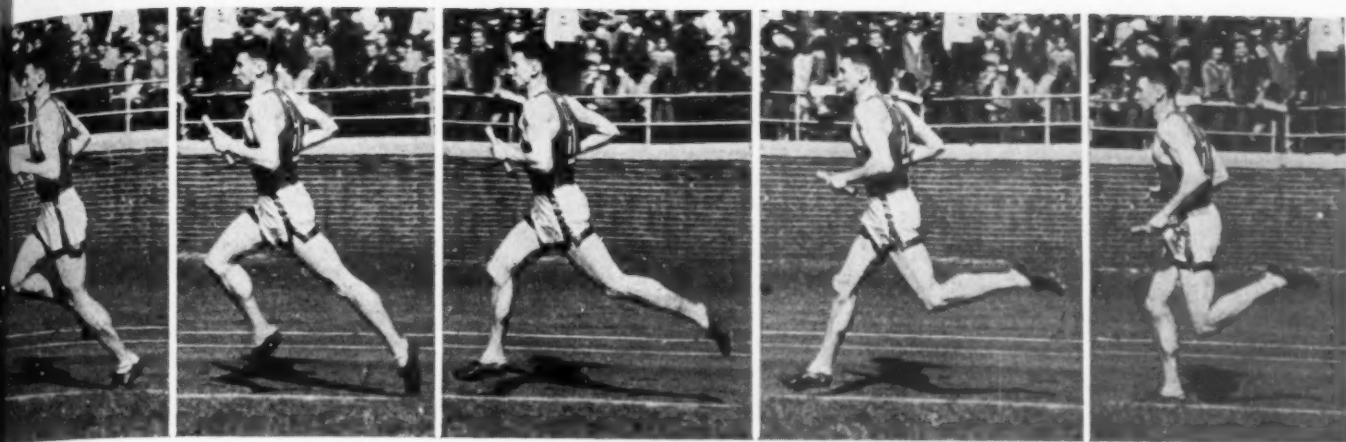
Lean well forward. The shoulders will naturally come a little higher than the hips. But stay low.

The first step (with the right foot) is the shortest in the race. When you bring it forward, don't raise it more than six inches off the ground. And don't try to take too long a step. It will throw you off balance.

The first step should take you only about 10-18 inches beyond the starting line, depending upon your build.

As the right foot hits the ground,





LES MacMITCHELL: America's No. 1 miler couples a natural, easy stride with a fine, relaxed shoulder-head carriage. The arms work close to the body with the hands swinging slightly toward the center of the chest. The shoulders are braced back, allowing the lungs full freedom. Breathing is deep and even through both nose and mouth.

the left foot leaves the hole. Take a slightly longer step than the first. But don't be in a hurry to lengthen your stride. The best way to pick up speed is with short strides. Don't chop them too much, however. Pump your arms and drive the legs as hard as you can.

It takes a trained sprinter about four strides to straighten his trunk into the normal running angle.

Stride. Keeping a nice lean to the body (about 25 degrees), work the arms and legs hard. Run in a straight line from start to finish, driving from high up on the balls of the feet.

Now for the arms. Don't sling them around any old way. Keep them bent at the elbows, with the fingers clenched.

Pump the arms straight ahead, close to the hips. Move them from the shoulders, rather than from the elbows. On the forward swing, bring them to about shoulder level. On the backswing, let the elbows go back naturally. The hands are brought back to the hips—but no further.

Keep the toes pointed straight ahead, and hold the head naturally. Don't throw the head back. *Relax*, avoid hunching the shoulders. Keep them as square to the front as you can.

Finish. As you near the finish line, try to gather your strength for a final burst of speed. This is more a matter of will power than conscious

effort. If you try too hard, you may tilt your head back and tense up.

Keep your proper form. When about 25 yards from the finish, give it all you have. Force yourself to the maximum.

At the finish, lean forward a little to increase the body angle. Run right through the tape. Don't jump or lunge or throw the arms up. These hinder rather than help. After finishing, slow up gradually. Don't simply stop running. A quick stop may pull a muscle.

Training. To become a champion sprinter, you need a lot of natural speed to begin with. Assuming you have it, what can you do to improve yourself—to knock off that fraction of a second that spells the difference between a winner and an also-ran?

Training is the answer. Proper form is the first "must." So work hard on the form described above. Second—sometimes first—in importance is good condition.

Build your body into a strong (but

not muscle-bound) machine. Walking and exercises help. Lying on your back and working your legs in bicycle fashion builds strong stomach muscles. And good stomach muscles are very helpful to sprinters. Another good exercise is standing in place and working your legs as fast as you can.

The upper part of the body may be strengthened with chinning and push-ups.

Practice all you can on starts. But first get into good shape. Wind sprints are excellent to build up your wind and loosen your body. They consist of walking, jogging and running. After working up to a short sprint, slow down to a walk, and repeat the procedure.

You can then work on starts without fear of pulling any leg muscles. Don't practice your starts in cold weather. And don't try any real fast running until your legs can take it.

The common faults are:

(Concluded on page 48)

BEN JOHNSON: Few sprinters before or after the regime of King Ben could match him for speed on the getaway. Coordinating natural split-second reflexes with meticulous form, Johnson was virtually unbeatable over the shorter sprints. Note his powerful leg drive and long, low body lean coming out of the holes. The arms and legs are coordinated beautifully, with arms, knees and toes traveling on a straight line.



by B. B. Bullington



Base Running

B. B. Bullington managed the 1942 world softball champions, the Deep Rock Oilers of Tulsa, Okla. While prepared for softball, these tips on base-running are equally applicable to baseball.

WHILE speed is of great importance in base-running, you don't necessarily need it to be a good base-runner. Intelligence, proper timing, a quick getaway, and sliding skill more than compensate for lack of foot speed.

Once the batter becomes a runner, he must do one of two things—run direct to first or bear slightly out so that he can round the bag. If he grounds to the infield or drops the ball around the plate area, he races straight for the bag. In the second instance, where the ball is fielded behind him, he must take the three-foot lane the last 40 feet.

This allows the catcher, third baseman or pitcher to throw to first without interference. It also permits the first baseman to take the throw in safety on the inside of the diamond, thus avoiding a collision.

The runner should forget all about the ball, focusing all his attention on the bag. Players who watch the ball lose both speed and their sense of direction. They often wind up running over a teammate who has been held up by the coach.

As a rule, the runner should touch the bag with his left foot as he runs

by. Once he passes the base, he should quickly slow down so that an overthrow won't find him in right field. If he hasn't turned outside the baseline, he may immediately light out for second. He doesn't have to return to the bag, as many beginners erroneously believe.

On hits to the outfield, there is no necessity to observe the three-foot lane rule. The runner bears slightly to his right until he reaches a point where he can conveniently turn. He then leans toward the baseline and cuts on the inside of the bag, touching the corner with his right foot.

It is then necessary to determine whether he can advance. The runner may know this from the way he has met the ball or from the first-base coach's instructions. Sometimes, however, he must make a snap decision. Factors to consider are: his ability as a runner, the throwing arm of the fielder, the score, outs, and stage of the game.

Once on base, the runner must stay put. He cannot take a lead, as in baseball. He must keep one foot in contact with the bag until the ball leaves the pitcher's hand. Most runners find it comfortable to tag up with the left foot, extending the right and pushing off with the left on the pitch. The runner should take a step or two toward second

with every pitch, to assure a fast start on a hit. At the same time, he should be alert for a snap throw from the catcher.

Perhaps the chief asset of the runner is his ability to slide. There are four types of slides: the hook, the bent leg, the feet first, and the head first or belly slide. Of the four, the hook and the bent leg, while more difficult to master, are by far the best and safest types.

The player should learn to hook on both sides. Let us assume he is stealing second and the baseman is straddling the bag. By his hand action, the latter indicates the throw is low and slightly toward the third-base side of the bag. The runner must then slide in on the right side of the base.

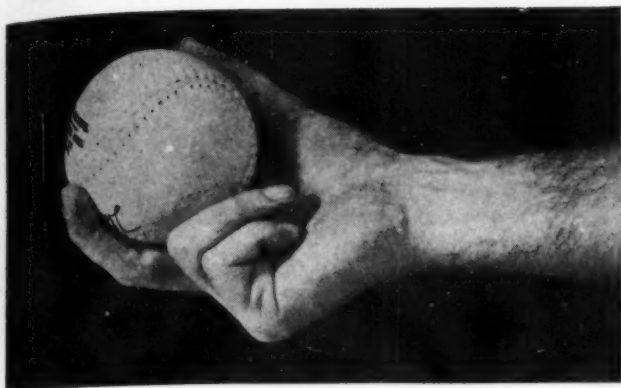
Approximately two strides from the base, he hurtles into the air off the left foot. The right leg is swung forward and away from the base with spikes up and knee bent, the impact being taken on the outer part of the right thigh and leg, with the body slightly turned to right field. The left leg is dragged in a bent position. The right hand drags along the ground with palm down, while the left hand remains in the air as a body balancer.

In this fashion, the left toe is dragged into the outside corner of the bag nearest first base. If the slide is to the inside of the bag, the footwork is merely reversed.

The bent-leg slide may be aimed directly at or to one side of the bag. One leg is extended in a slightly flexed position, while the other is doubled under it, receiving the full impact of the slide.

(Continued on page 50)

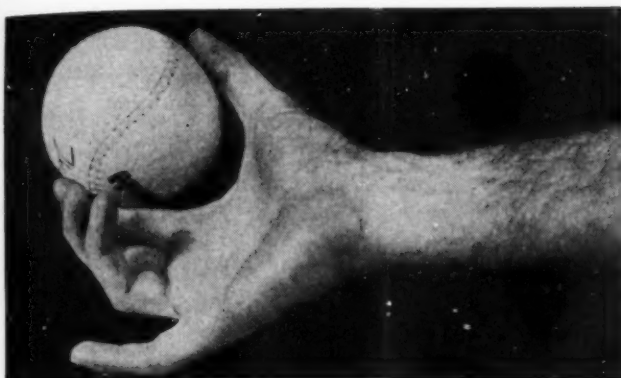
SOFTBALL PITCHING GRIPS AND RELEASES



GRIP FOR FAST BALL, CURVES



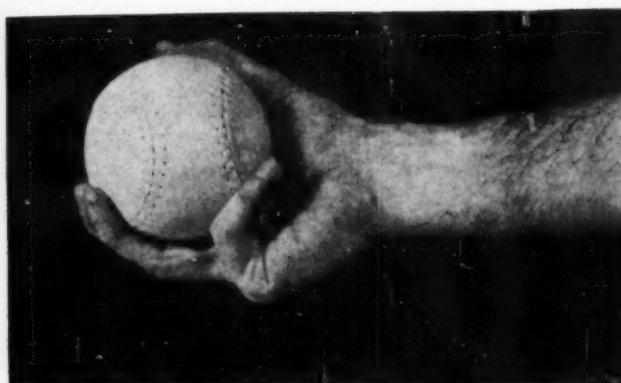
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SPALDING

Sets the Pace in Sports

by David Eisenberg



MEET THE PRESS

David Eisenberg, sportswriter on the "New York Journal American," offers the high school coach a few valuable suggestions on how to get along with the press.

SOME time ago, while on my way to cover a basketball game, I met a famous coach and his attractive wife. The conversation was distinctly on the lighter side, until Mrs. Coach archly asked why her team didn't get as much publicity as —, one of the nation's most famous quintets.

Mr. Coach, experienced in press relations, laughed off his wife's question, and so did this reporter.

Yet how many of you coaches have been tempted to ask the same question? How many of you, in the heat of a losing season, have blurted out the kiss of death:

"You never give my team a break," or

"Just because we lose a few games you sportswriters give us a wide berth."

Too many coaches make a personal issue of press reporting. It is not. A sport page's function is, basically, two-fold. First, it must keep the public informed about what is going on in sports. Secondly, it must entertain—to discuss subjects the public is interested in (winning teams and individuals).

A football article about Notre Dame, whether it appears in a nearby Chicago newspaper, a New York or Los Angeles paper, or whether it is printed in any of the hundreds of small town papers, quickly catches the reader's eye.

A football article about City College of New York (C.C.N.Y.) appearing in a New York City newspaper, receives considerably less attention because City College is a weak football school which hasn't won a game in two years.

Write about City College basketball, on the other hand, and it receives national attention, because the school's court teams generally rank among the best.

The reporter who repeatedly writes about losing teams will build up a reputation for having a bad nose for news. Because he does not know what the public wants, he will eventually lose his job.

A good reporter, and sportswriters are among the best, instinctively knows the story the public is most interested in. He works hard at digging up all the facts and will not sacrifice a story just because a coach doesn't like it.

Here is where the coach has a personal obligation to the press. He should not put the reporter on the spot by asking him not to use the story. Likely as not, the reporter may have already talked over the story with his editor. He cannot go back and tell his boss he cannot write it because Coach Payne doesn't want him to.

A coach must be aware of other obligations to the press. Being human, he enjoys seeing his name in the papers or hearing it over the radio. But he should realize this pleasure is not given to him gratis. He is mentioned because he is news. As such, he is a public figure with public responsibilities, many of which he must fulfill through proper association with the press.

If the school is the center of public activity, the team, along with the other school activities, will be covered in detail by the local press.

In such situations, it may seem that the newspaper needs the coach more than the coach needs the newspaper. My only advice to such coaches is to remember the most important axiom in the newspaper business:

"Always be nice to the office boy. You never know when he'll be your boss."

The coach never knows when the sportswriter whose job he snafued will become the editor or owner of the local paper—and an editor is one of the omnipotents of the community.

A coach has other personal obligations, the faithful fulfillment of which will earn him dividends. He must be accessible. The day is past when a coach can play hard to reach.

Several still try it. Notable is one midwestern football coach who can be reached only through previous appointment with his secretary. Much more popular is the coach who always is accessible.

A coach's relations with the press is a 24-hour job. And I do mean 24 hours. Because of edition times, the average newspaperman's day starts in the afternoon, by which time many coaches are almost finished. Many coaches resent being "bothered" after working hours. Bill Terry, when he was manager of the New York Giants, was one.

It is true that a handful of sportswriters think nothing of picking up a phone and calling a coach or athlete 2 o'clock in the morning. This irritates the coach, especially if the question is relatively unimportant.

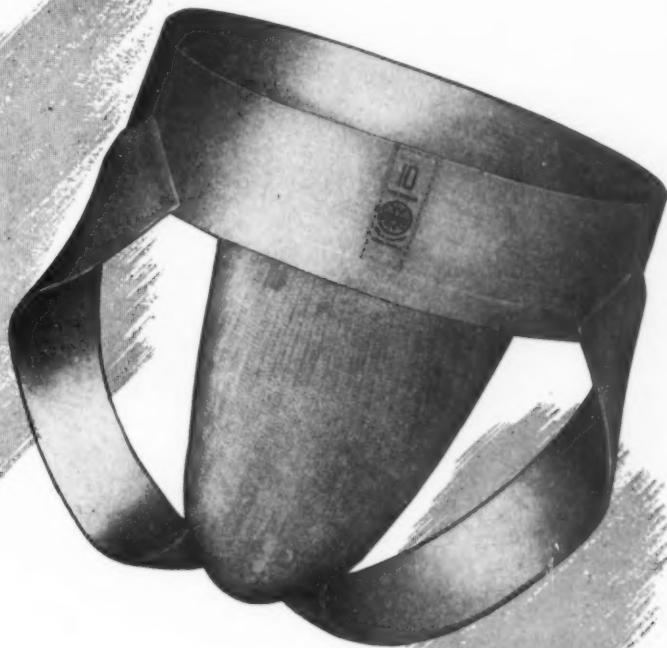
It also makes it difficult for the many more considerate reporters who must phone in an emergency.

There is a famous sphinx in Egypt which, during normal times, is a popular attraction to tourists.

(Concluded on page 64)

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On the Right Track

by George Eastment



COMPARED to track coaches, other major sports mentors live uncomplicated lives. Our boys are weaned on baseball, football and basketball. They play these games, read about them, see them in the news reels.

Track? How many of them participate in the sport as such before reaching high school?

Yet the success of schoolboy track teams hinges in great part upon large turnouts. So there you have the initial poser—how can you get a lot of disinterested kids to come out for the team?

At Loughlin, I always attempted to interest 50 percent of the freshman class—and usually succeeded, too! I once had 300 out of a class of 380 answer my call for candidates.

Of course, there's no stimulant like success. Loughlin's succession of championships lent glamor to the track team. And many boys who ordinarily would never have thought of competing in track, came out to see if they, too, could become champions.

A tradition of success may also work in reverse. Some boys are discouraged by winning teams, figuring there are too many good runners around for them to have a chance.

That's one of the coach's chief jobs—to sell every boy the idea he has a chance. Tell them that even the champions had humble beginnings—that they, too, were once green freshmen—that anybody willing to work can achieve success.

In his 17 years at Bishop Loughlin Memorial High School, Brooklyn, N. Y., George Eastment built one of the greatest track machines in the history of schoolboy sports. From 1934-45, his teams won 12 straight New York parochial school titles, five out of six open Eastern championships, and, to cap it off, traveled down to the Penn Relays last spring and copped four of the five open schoolboy events—an unprecedented feat in the 50-year-old history of the meet. Eastment then stepped up to the big time—Manhattan College. Starting from scratch with a handful of candidates, he built a team that finished fifth in the national A.A.U. indoor championships last month!

I personally did little promoting. I had my varsity talk it up among the frosh. Our physical education course also furnished powerful motivation. Closely tied in with the regular activities was a testing program stressing various track and field items.

The boys thus became interested in the sport and those who made noteworthy performances were encouraged to report to the varsity.

Once you get the boys to come out—and this is comparatively easy—the problem that remains is to get them to stick. Too many schools fall down on this score. After getting a large turnout, they discover the squad melting away. The reason is simple—they are not making the sport interesting enough.

In any turnout, you may expect 50 percent to quit because of studies, lack of interest, etc. If you can hold

on to the rest, 25 percent should make exceptional performers and the other 25 percent good performers.

There are many ways of motivating the squad and keeping interest keen. I've had good success with fun-dashes and handicap relays.

In the dashes, which I usually restrict to three men, I always have the boys running against different men. If a boy is outclassed on one day, he'll probably make up for it the next day. Winning a race always proves a fine tonic.

Annual trophies offer another good means of keeping interest alive. At the end of every season at Loughlin, individual trophies are awarded to the two most improved runners and the two most improved field men.

Determining a boy's best event is tough. I don't believe in tryouts. Give the boys a crack at everything, and sooner or later they'll drop into the right slot.

No one can tell who will be a runner. Some of the greatest runners I ever had at Loughlin were the most mediocre at the start.

You never know when it's going to come out of them. Some improve steadily. Others stand still. While still others blossom out over night. I'd say 75 percent of schoolboy runners are mediocre to begin with.

You've got to keep them at it. Don't let a boy quit after a few poor trials. Keep him going. If you let

(Continued on page 20)

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Keds' Sports Department Bulletin, Von Elling gets down to fundamentals of basic conditioning and development of championship form. He writes in the language boys understand... illustrates his points with movie sequences of track stars in action.

Put this bulletin in the hands of every boy who comes out for your team. It will help you "get over" the fine points of the sport—from sprinting to pole vaulting. And there's an interesting, authoritative chapter, too, on comparative records, high school, college, world.

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him go, you may lose a great miler.

In trying to fit the boys into their best events, never make snap decisions. If a boy has speed, he may not necessarily develop into a sprinter. He may never improve. But with maturity, he may learn to carry his speed over greater distances—and you may wind up with a good middle-distance runner.

After a boy finds his proper groove, allow him to pick a hobby event, something he may practice at his leisure. You'll be surprised at the results.

Boys often perform wonders on their own. They put in extra practice time. They're relaxed. Any latent talent comes to the surface. Suddenly they may find themselves doing better at the hobby than at the regular event. I once had a mediocre runner develop into a 180-foot javelin thrower.

At Loughlin, I ran all my practices on a strict time schedule. Each session was organized beforehand to avoid any possibility of confusion. The squad was broken up into groups of ten according to ability, with a name runner as leader. Each leader was told exactly what to do and when to do it.

Thanks to this group-leader system, the workouts went off like clockwork.

The main thing in conditioning is regularity of practice. My freshmen practiced two, sometimes three, days a week; sophomores three times a week; and juniors and seniors five days a week—that is, they were scheduled for five workouts. Due to adverse weather con-

ditions, they averaged closer to three and a half workouts.

You can't make up practices you miss. But once the boys round into shape, you may ease up on the workouts. In season, three workouts a week are usually sufficient. Some individuals need only two.

Stress a thorough warmup, with the accent on jogging, striding and calisthenics.

Detailed schedules are fine as guides. But you can't live by them. The workouts must vary with the weather conditions. On Mondays, for example, I like my runners to do easy over-distance work. But last Monday turned out to be one of those unusually warm spring days. So I had my boys do speed work.

I'll confess this, too—Tuesday and Wednesday also turned out swell—and I continued the speed work, a radical departure from my usual program.

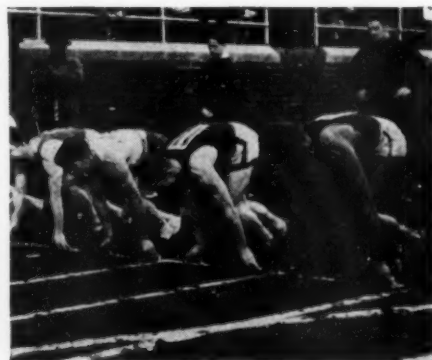
Adaptability is a must in practice schedules. Any coach who tries to adhere to a strict schedule—especially up North in the tricky weather belt—will find himself all snafued up before long—before short, too.

I'm completely sold on hurdling as a training medium for all track men. It develops everything—agility, endurance, speed and strength. Any time a boy needs building up, I assign him to the hurdles.

Insofar as pole vaulters are concerned, look to the gym class. Boys with ability on the tumbling mats, flying rings and horizontal bars, make the best vaulters. They possess the basic essentials—agility, coordination, and shoulder and arm strength.

My training rules are simple enough, conforming to normal everyday living standards. I believe a high school athlete should get a minimum of ten hours sleep.

Meet Day With Points Unrationed



He should eat three good meals at regular hours, making sure to chew his food thoroughly. Caution your boys against bolting down the food and rushing out to practice. Tell them to eat about three hours before working out.

Pastries and greasy foods are *persona non grata*. I like sweets myself and don't discourage my boys from eating them—in moderation. A little ice cream after practice is a good pick-me-up.

The average boy should not eat within four hours of a meet. Your more sensitive kids may have to take their last meal eight hours before competition. The meal-time deadline must be discovered through trial and error.

Best bets for the pre-meet diet are poached eggs, lamb chops, tea with plenty of sugar, and toast. The constituents of the meal depend upon the time the boy is running. He should never drink more than one glass of milk on meet days.

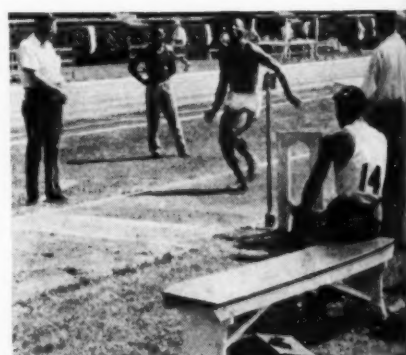
More athletes are ruined by over-eating than by any other cause I know. Impress the boys with the fact that it is better to leave the table feeling a little hungry than it is to leave feeling stuffed.

The post-practice shower should be short and not too hot—heat is enervating. Have the boy finish off with a quick dash of cold water to close the pores.

After getting dressed, the boy should not rush out of the locker room. To avoid colds, he should wait until his hair is reasonably dry and all the excitement has worn off.

It is significant that during the first

(Continued on page 36)



THE CSK SOFTBALL

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quality —
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No visible stitches to
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MacGregor GoldSmith Inc.





Herb Williamson, athletic director of Central High School in Valley Stream, Long Island (N. Y.), is chairman of his section's rifle tournament committee.

OUT here in our neck of Long Island, riflery is a solid success—a respected member of the varsity family. Thanks to our coaches and administrators, the sport boasts a large, enthusiastic following, which is snowballing all the time.

When you remember that practically every school in this area carries a heavy sports program, that there are any number of more glamorous counter-attractions, our riflery men rate a bow for a promotion job well done.

Our league—the Nassau County Interscholastic Rifle League—is made up of seven schools. While not exactly a model of efficiency, its simple, effective operating plan lends itself well to study. Any coach or administrator interested in starting a rifle league may glean a nugget or two from its structure.

Six months or more before the start of the season, we call a meeting of the coaches. At this time, we air our problems, decide upon our rules and draw up a schedule. If any representatives of new schools are present, we offer a plan of procedure. The first step we recommend is contacting the National Rifle Association (Washington, D.C.). The N.R.A. will send them a charter and a mine of useful literature on rules and coaching techniques.

In drawing up a schedule, we carefully consider each coach's other sport commitments and his school's spring activity program. We don't want riflery interfering with the school program any more than is absolutely essential.

Hence, our schedule usually starts around the first of February and finishes by Easter. The late start gives the coach enough time to whip his team into shape, while the



Fire away! Opening round of the 1946 New York State Section 8 rifle tournament.

comparatively early wind-up enables both the coach and his boys to enter other activities, of which there are legion in the spring (baseball, track, intramurals, etc.).

We have found a 12-match schedule just about right. Each team meets the others twice. Prior to the war, the matches were contested shoulder-to-shoulder. That is, both schools actually met on one or the other's range.

During the war, due to the distances between schools and the difficulty in transportation, most of our matches were on a postal basis. On the stipulated day and time, each team met on its range and fired exactly as it would in a shoulder-to-shoulder match. The targets were then collected and dispatched immediately by mail or messenger to our official league scorer—Tom Kizer, former coach at Oceanside High School.

A man of absolute integrity, with an encyclopedic knowledge of riflery and a deep interest in boys, Kizer has the complete confidence of every coach and shooter in the area. He receives \$5 a season from every school for his services. The total—\$35—just about covers expenses. If we had to pay him for his time, work and promotive efforts, we'd have to loot a bank.

If you're interested in securing a neutral official scorer for your league, and you don't know where

SCHOOLBOY TARGETS

by Herb Williamson

to turn, try contacting the N.R.A. They may know of someone in your community—whom you may or even know exists—who could do the job. The local American Legion post is another good source.

Before our season gets underway a mimeographed copy of the official schedule and regulations is sent to every coach in the league. There are six regulations:

1. **Team**—10 shooters; five highest count for varsity score; lowest for J.V. score.

2. **Positions**—prone and standing.

3. **Targets**—one shot at each on official N.R.A. target, black ring, either 10-bull or 5-bull. (10 shots in all.) In standing position shooter may fire two shots at each bull on 5-bull target.

4. **Time**—15 minutes per man, including sighters and record firing for prone; 10 minutes for standing.

5. **Ties**—If five-man totals are tied, team having higher standing score, wins. If teams are still tied, score of sixth man (high J.V. scorer) is taken.

6. N.R.A. rules cover all other details.

In addition to these regulations the sheet contains the following instructions:

1. Both the varsity and the J.V. matches must be fired on the same afternoon.

2. Mail all match targets to Tom Kizer, 40 Wilson Street, Lynbrook, N.Y.

NO TIME OUT

... for many seasons



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under all playing conditions over
the longest period of time.
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brook, the afternoon of the match, for official scoring.

3. Shoot shoulder - to - shoulder matches whenever possible, each school making the necessary arrangements with the opponent.

4. Do not plug targets.

5. Targets must be in the mail before Monday of following week.

6. Notify Mr. Kizer if your team cannot fire a scheduled match during the week it is set for.

7. Send Mr. Kizer the number of targets needed for your season immediately, so that he may initial them. Scores on uninitialed targets will not be accepted. (Eliminates temptation to stretch conscience; after fluffing a few shots, the shooter won't be tempted to stop firing and start on a new target. Once he starts firing a target, he must finish.)

8. Each team should send \$5 to Mr. Kizer to defray his expenses for the season.

After scoring the targets, Kizer sends a copy of the results to each coach. He also follows through on the publicity. Since postal matches are not nearly as exciting as shoulder-to-shoulder competition, he uses all his ingenuity to pep them up.

Every school publicity staff can learn something from Kizer's handling of press relations. At the start of every season, he sends a note to the sports editor of each paper, to wit: "I'm going to send you a lot of material on riflery this season, the same as I have in the past. I'll supply you with everything I can. You can do with the copy as you see fit, editing it any way you choose. If you use any or all of it, swell! If not, that's all right, too. It's your privilege."

How does this simple straightforward appeal work? A glance at Kizer's fat scrapbook is all the answer you need. There actually have been complaints from baseball and basketball that riflery gets more publicity!

The fact that Kizer types his copy, double spaces it and projects his ideas simply have a lot to do with it.

Another of our official scorer's excellent publicity mediums is a mimeographed newsletter containing records, official standings and

OFFICIAL SCORING

Tom Kizer, official scorer of the Nassau County Rifle League (N. Y.), at work in the 1946 sectional tournament. At the top, he is shown plugging a target. Thanks to the bull-groovings in the special scoring table, he does not have to lift the target. For the real close decisions, Kizer applies magnifying glass and light box (bottom picture).



new idea in First Basemen's Mitts

**A mitt that gives all fingers a
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If you want the personal satisfaction of performing a worthwhile service in your own community . . . with unlimited opportunities for greatly increased earnings, we invite you to send for this practical test. Qualified men may become eligible for on-the-job training . . . with an adequate salary guaranteed for the first two years! After that, The Mutual Lifetime Compensation Plan provides liberal commissions plus a substantial retirement income. We have many men in our ranks who earn up to \$10,000 a year, and more!

Why not mail the coupon today? It may be your first step toward a new, well-paying career!

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Lewis W. Douglas,
President

GENTLEMEN:
Please send me your aptitude test.

Name.....

Home Address.....

S-12

interesting chit-chat. Issued sporadically, whenever the material becomes available or whenever the situation calls for it, the bulletin goes to every coach and newspaper in the county.

Kizer keeps a record of every shot fired by every boy. At the end of the season, he totals up the averages and picks a 10-man All-League team. The boys love it and the papers play it up big.

That, in brief, is the way we run our league. The critical observer may claim that the plan leans too heavily on one man—Tom Kizer. That few communities are blessed with such enthusiastic, qualified outsiders.

All of which is true. But, remember, the ideas themselves are sound. By delegating the responsibility among several of your coaches or league officials, you, too, can operate your league smoothly and, at the same time, stimulate interest in the sport.

Sectional tournament

One of the highlights of our riflery season is the annual state-sanctioned sectional tournament, open to all schools in Section 8 of the public high school athletic association. We have found such tournaments very helpful in promoting the sport. After a season of dual-match competition, mostly by mail, the boys rate at least one big-time shoot—an opportunity to meet shooters from all over the section amid all the hoopla of the more glamorous varsity sports.

Such tournaments require considerable planning, and it is with this in mind that the accompanying ideas are offered.

Prior to our sectional tournament we send letters to all 52 schools eligible to compete, regardless of whether or not they have rifle teams. If they haven't, the letter still serves a useful purpose. It informs them of what we're doing and perhaps stimulates a little interest.

The operating committee next sets a date for the shoot and sends out entry blanks.

The entry fee is \$3 per team for schools competing for the team trophy; and \$1 per individual for shooters competing for the individual trophy.

We are now ready for the more technical details—the type of positions from which we will fire and the choice of a range.

We try to obtain a good neutral range. Armories, American Legion posts, recreation centers, and private schools offer the best bets on

this score. Upon selecting a site, we invite every competing coach to survey it. At this meeting, we discuss the details of the tournament, asking for suggestions and criticisms.

Perhaps the most important job to delegate is that of range officer. Upon him rests the meet's success. The more he knows, the smoother it will run. He takes charge of all the firing, the setting up of the shooting relays and the enforcement of safety rules.

He may do the timing himself or he may appoint an official timer. Enough assistants are provided for the manual jobs, like setting up of targets, taking them down, relaying them to the scorer, etc. The range officer does no scoring; this is strictly the official scorer's province.

At the pre-tournament meeting, the coaches draw lots for starting times. The schedules are adjusted to hardship cases. For example, if a boy is working from 9 to 12 or if he has transportation difficulties, we can't expect him to start shooting at 9 o'clock. We try to work him into the afternoon schedule.

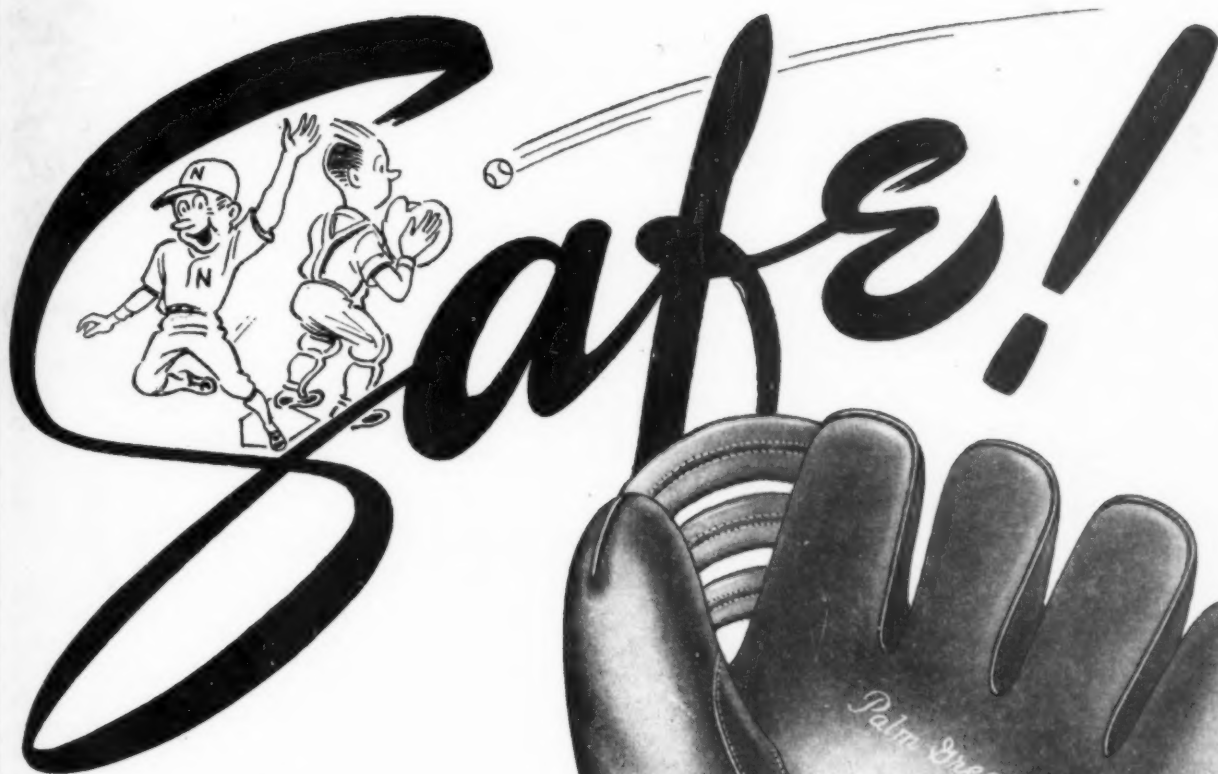
Each school is allowed two full teams and several alternates. While this adds to the administrative detail, we believe in getting as many boys into the shoot as possible.

In drawing up a time schedule, we figure on 30 minutes per relay of shooters. That includes taking positions, firing and moving out. We don't assign more than one or two points to any school. Thus, if a school owns only two good rifles, they may be used by every member of the team. The practice also enables the coach to observe every boy closely. This can't be done where the entire team shoots at the same time.

Our scoring system is quite simple. Mimeographed sheets are prepared for the coaches. As each man arrives, he is handed a set of score sheets. He enters his boys in the order he wants them to shoot. The coach is then given a set of targets, on each of which he prints a boy's name. When the shooter takes up at the firing point, he is supposed to look through his scope and check his name on the target.

After he shoots, a messenger carries his target to the scorer, who is ensconced in a separate room. The scorer has his forms all prepared, and enters the scores immediately. Each form is prepared in triplicate or quadruplicate. Copies may thus be dispatched simultaneously to the keeper of the scoreboard, the coaches and the reporters.

Both individual and team trophies are presented to the winners.



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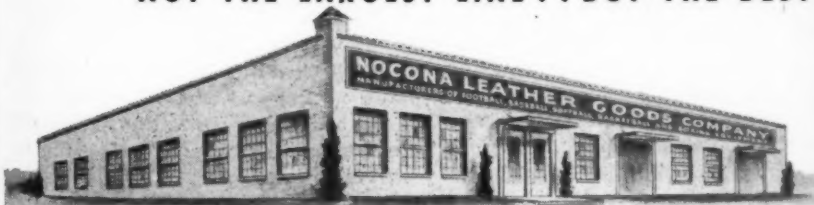


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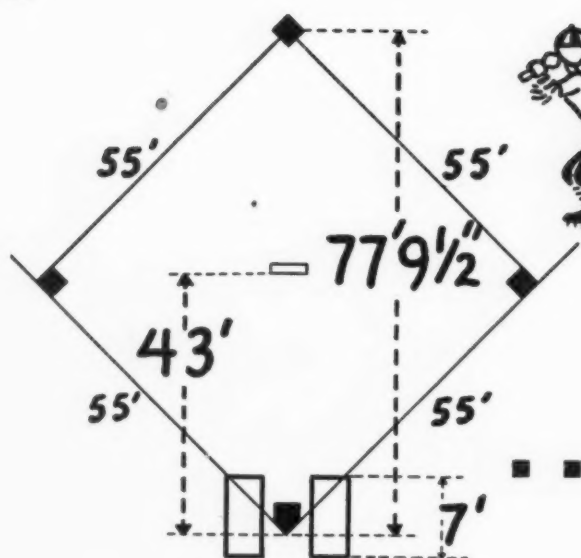
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NOCONA, TEXAS



Away from his job as director of special services for Veterans Administration, Arthur T. Noren serves as secretary treasurer of the Joint Rules Committee on Softball.

... and then
there were 9

By Arthur T. Noren

YOU major-sports aristocrats may as well face it—softball is here to stay. And it won't be long before you'll be welcoming it into the exclusive circle (baseball, basketball, football and track).

The popularity of softball is indicated by the fact that last year approximately 600,000 teams competed in organized leagues all over the country. This represents about 6,000,000 participants. From every sign, an even greater number will participate this year.

If any further proof of the immense popularity of the game was needed, the war furnished it. In every poll of servicemen pastimes, softball ranked first, second or third.

In every corner of the globe, during every lull in the action, our G. I.'s brought out bats and softballs, staked out a diamond, and the game was on. England, Germany, Alaska, Iceland, and the far-flung islands of the Pacific all resounded to the cry of "Batter up!" And most of the time it was for softball.

The game was more than a sport; it was a touch of home. And now that the war is over, softball seems destined to become one of our major sports.

The Joint Rules Committee took a giant stride in that direction at its last meeting. The rules, which had been frozen for the duration, were taken out of the refrigerator and subjected to a rigorous defrosting. The changes represent the most revolutionary overhauling in the Committee's history.

Among the principal alterations is the elimination of the tenth man (short-fielder). This radical change

was made to accentuate scoring. Many of the drives that the short-fielder ordinarily intercepted, will now fall safely for hits.

It was also decided to shorten the base-lines from 60 to 55 feet, to give the offense a break on the base-paths. A third offense-minded change lengthens the batter's box one foot in the direction of the pitcher. That means the batter can step up on sharp-breaking hooks and have a better chance of meeting the ball.

Finally, it was decided to permit hit batsmen to take first (as in baseball). This will minimize injuries by forcing the pitcher to concentrate more on control.

The Committee believes these changes will stimulate interest in the game among both players and spectators. The fans will see more scoring, more base hits and more base running; while the players will be getting on base more often.

In the past, the pitcher dominated the game. By emphasizing hitting and scoring at the expense of pitching, the balance of power between offense and defense should assume a better equilibrium.

The complete 1946 rules will shortly be available in official code books. For the benefit of the many coaches interested in a preview of the changes, here is a summary:

The diamond (Rule 1): The length of the base-lines from home to first base, first to second, second to third and from third to home is now 55 feet instead of 60.

The distance from the corner of home plate nearest the catcher to the center of second base, and the distance from the outside corner of first base to the outside corner of

third base, is now 77 feet, 9½ inches.

The pitching distance, 43, feet remains the same.

Laying out diamond (Rule 2): The measurements should conform to the change in the size of the diamond. The lay-out line should now be marked at 43 feet (the distance from the corner of home plate nearest the catcher to the front line of the pitcher's plate; at 77 feet 9½ inches (the distance from the corner of home plate nearest the catcher to the center of second base), and at 110 feet.

The Batter's Box (one on each side of home plate) shall measure 3 x 7 feet. The inside lines of the batter's boxes shall be 6 inches from home plate. From a line drawn across the center of home plate, the inside lines of the batter's boxes shall extend 4 feet forward and into the diamond and 3 feet backward toward the catcher's position.

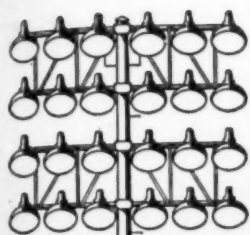
Teams, players and substitutes (Rule 4): Section 1, a team shall consist of 9 players, whose positions shall be designated as follows: Catcher, Pitcher, First baseman, Second baseman, Third baseman, Short-stop, Left fielder, Center fielder and Right fielder.

Section 2, no team shall be permitted to start or to continue a game with less than 9 players, and each side should have sufficient substitutes to carry out the provisions of this section.

Unfairly delivered ball (Rule 11): Eliminate Section 4.

Balls batted outside the playing field (Rule 18): Section 3, a fair hit ball that bounds or rolls into a stand or over, under or through a

(Concluded on page 37)



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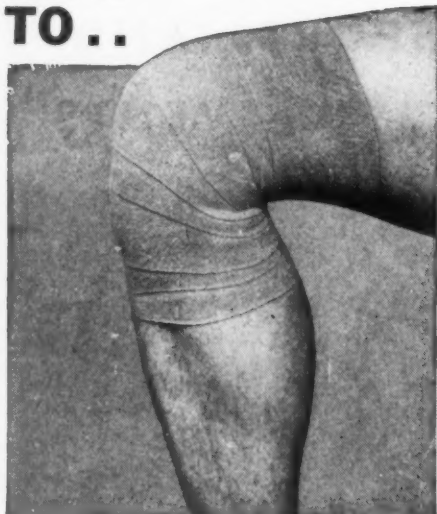
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THE FOREHAND DRIVE SIMPLIFIED

A Tennis Lesson for Boys and Girls^{*}

IN ITS simplest form, the forehand drive is made by drawing the racket back until it points toward your right sideline, then drawing it forward to meet the ball waist high as you are facing your right sideline (not the net).

This is perhaps the best way to learn how to drive. But the beginner should drive with this short backswing and short forward swing only until he gets the feel of the racket.

As soon as he learns how to handle the racket, he should lengthen his swing. For it is the swing of the racket, first back and then forward, that imparts speed to the drive. Great strength is not needed.

Grip. Shake hands with the racket (as shown in the illustration). Now extend the arm so that the arm, wrist and racket are in one straight line.

Stance. Face the net until you see the ball coming to your forehand. As the ball approaches, turn your body to the right, facing the right sideline.

To do this, step forward toward the approaching ball with the left foot, pointing it diagonally toward your right sideline.

The left shoulder will now point toward the net. The right shoulder will point toward your baseline, and the body will face your sideline.

The left foot will be forward, nearer to the net, and about 12 inches or more ahead of the right foot. A line drawn from left to right foot will be about parallel with the sideline.

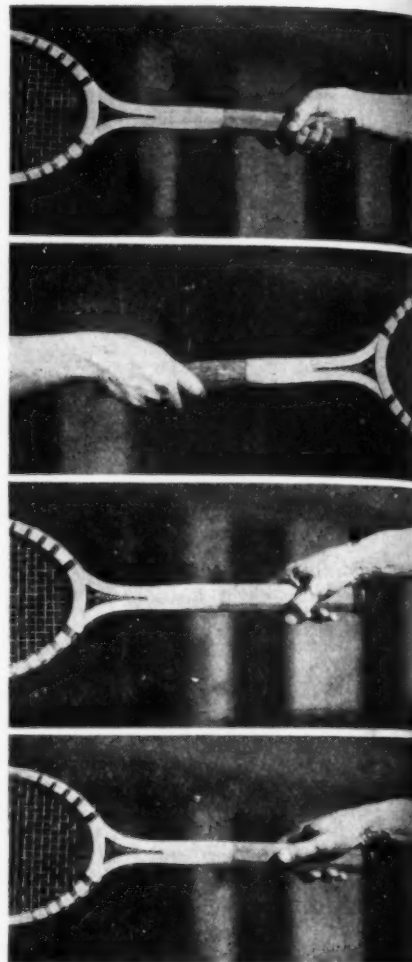
The weight is forward on the left foot.

Keep the heels off the ground while the ball is in play. Don't stand flat-footed. Bend your knees slightly; don't stand upright.

As you draw the racket back, shift your weight from the left foot back to the right foot. Then when you swing the racket forward, shift the weight forward from the right foot to the left foot.

Backswing. A long swing is necessary to generate speed. The further back you draw the racket, the longer your forward swing will be, and thus the faster the racket will

^{*}Condensed from *Tennis Lessons for Boys and Girls*, a 23-page pamphlet issued by the U. S. Lawn Tennis Assn. containing the fundamentals of the forehand and backhand drives, serve and volley. Copies may be obtained for 10c by writing to the U. S. Lawn Tennis Assn. at 120 Broadway, New York 5, N. Y.



EASTERN GRIP

Top: Shake hands with racket and you have the forehand grip (front view). No. 2: Rear view of forehand grip. No. 3: Rear view of Eastern backhand grip. Slight turning of the handle clockwise converts the forehand grip into the backhand. Bottom: Some players with naturally weak backhands find it helpful to buttress the stroke with thumb on side of the handle; this is not recommended.

be moving when it hits the ball.

Not only the shoulder but also the elbow and wrist should be brought into play in the backswing. Don't merely straighten out your arm and draw it back with wrist and elbow unbent, arm and racket fully extended to the side.

You can get greater power if you will bend both elbow and wrist during the backswing.

Start the backswing as soon as you determine that the ball is coming to that side. If you have to run for the ball, draw the racket back while running. Then you will be ready to swing the racket forward as soon as you get in position.

(Concluded on page 34)

For the newest ideas in up-to-date knit wear—styled for smart appearance—for comfort in action—for long service—look to "King." During the years of war our quota for civilian use was restricted. Now we are rapidly approaching the time when we can again fill your dealer's orders in full—when you can satisfy your personal needs or the needs of your club or school with King Sportswear.

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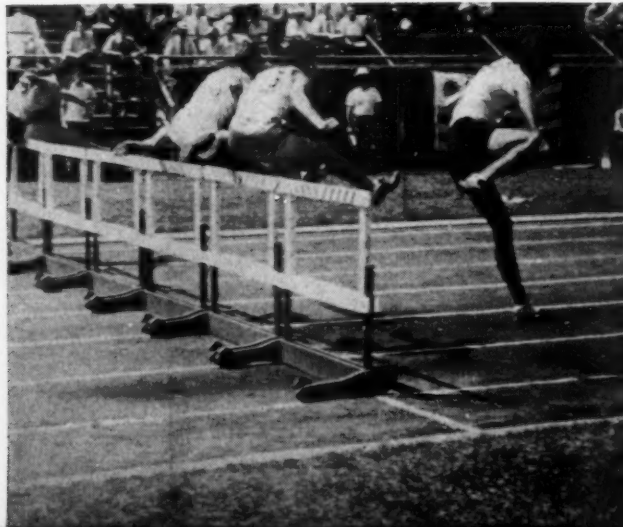
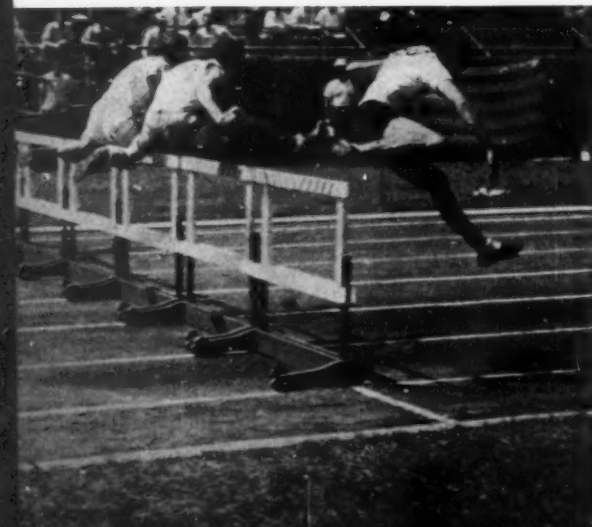
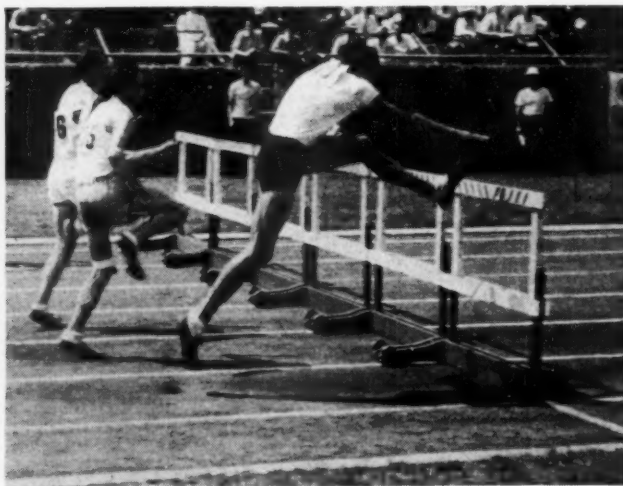
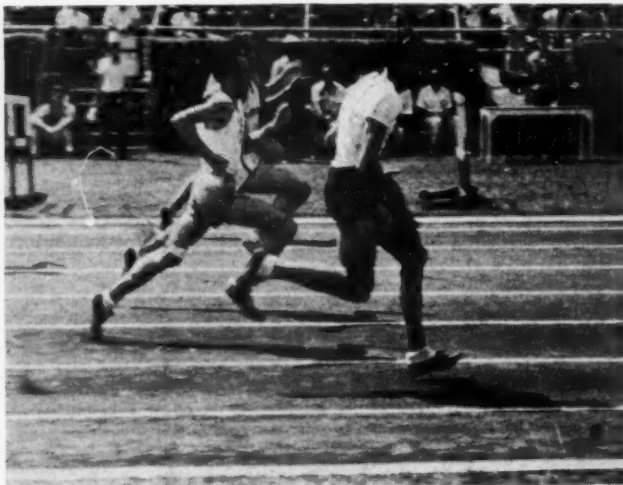
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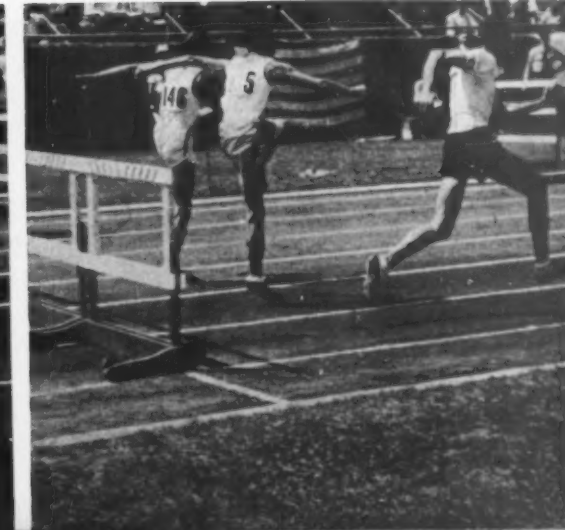
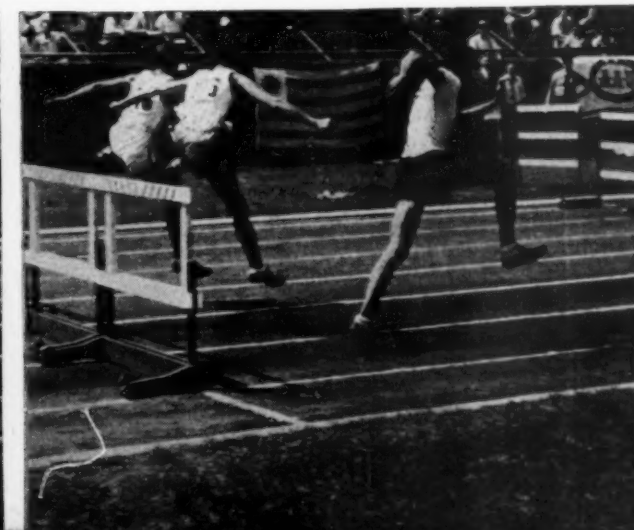
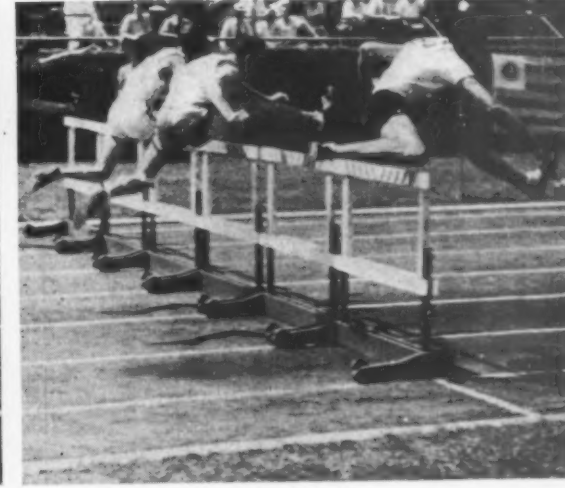
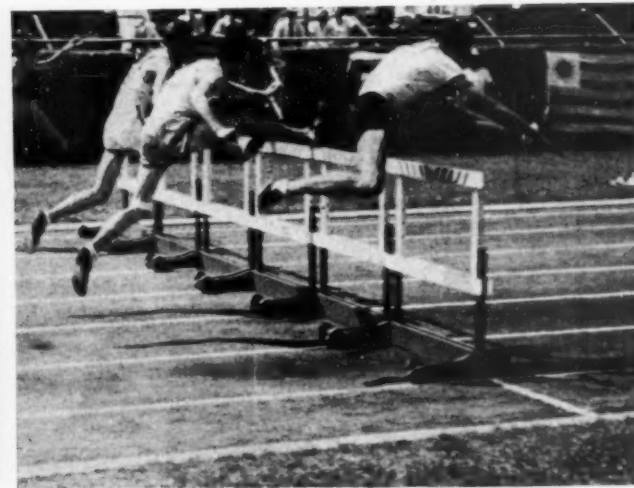
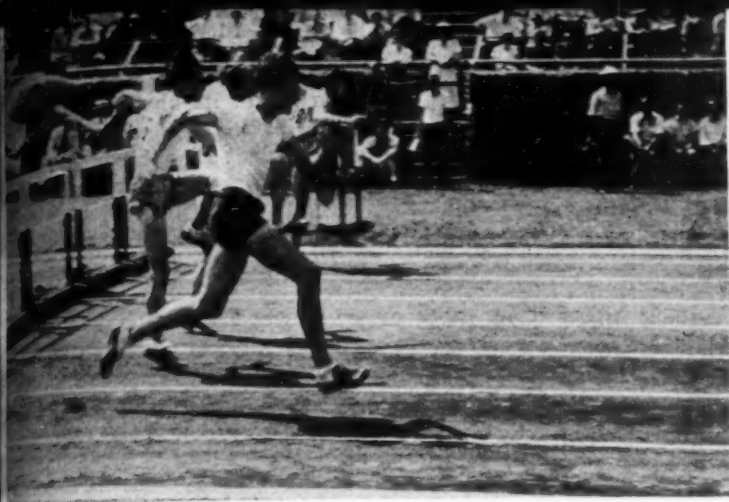
CHICAGO 10, ILLINOIS

Hurdle to Hurdle

Finals, 1945 High Hurdles Championships

Unusual opportunity for study of the between-hurdle stride and the actual step-over are afforded in this remarkable sequence taken during the 1945 National A.A.U. championships at Randall's Island Stadium, N. Y. The winner? You guessed it—the fellow closest to the camera, Charles Morgan, of the New Orleans A.C.





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The Forehand Drive

(Continued from page 30)

Forward swing. As you swing the racket forward, gradually shift the weight from the right to the left foot, bending the knees and leaning forward toward the ball.

Do not get close to the ball. Keep away from it. Remember that when you meet the ball the arm should be fully extended, not bent.

Impact. The critical moment in the forward swing occurs when racket meets ball. At that moment, the arm and racket should be fully extended.

If the elbow is bent, you will hit the ball too close to the body and you will be relying mainly on the wrist and forearm to impart speed. Your stroke will be cramped, lacking the full power of a wide swing with fully extended arm.

Just before contact, turn the wrist very slightly forward, so that the top edge of the racket frame will incline about an inch toward the net.

This is one way to put a little top-spin on the ball. Top-spin makes the ball drop faster after crossing the net, thus helping you keep it in court.

Hit the ball when it is about opposite your belt buckle, or sooner

and at the top of its bounce, before it starts to drop.

As your racket hits the ball, the body should be moving forward toward the ball with the full weight on the left foot.

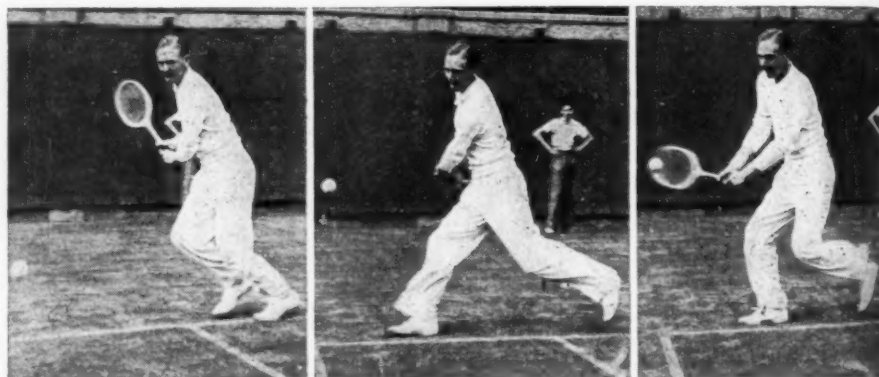
Follow through. After the racket establishes contact, let it follow through forward and then to the left of your body. Do not attempt to check the forward swing of the racket or the forward motion of the body after the ball leaves the racket.

Let the momentum of the racket spend itself. If the body is bent too far forward, step forward with the right foot to retain your balance.

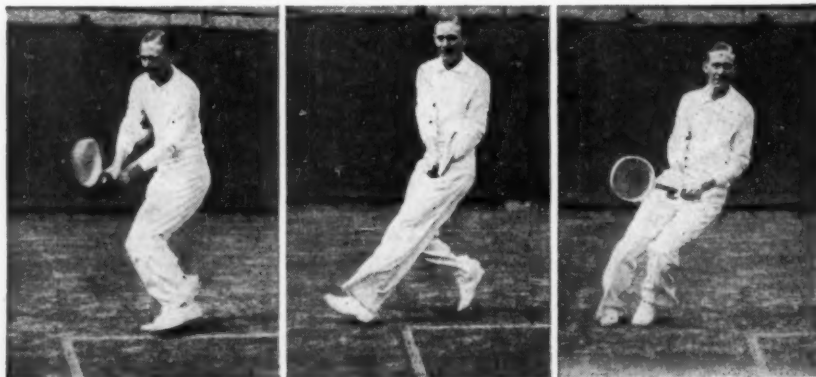
At the end of the follow through, you should be facing the net again. Do not stand watching your drive. Get back into position quickly.

One of the most important things to remember is to keep the eyes constantly on the ball. If you take your eyes off the ball, you will probably not be able to hit the ball in the center of the racket at exactly the right moment. Chances are the ball will not go where it should, but will fly off at a tangent.

So remember, keep your eyes glued on the ball throughout the rally. After the ball has left the opponent's racket, focus your eyes on the approaching ball so that you see it clearly and can tell where and when it will bounce.



Johnny Bromwich, Australia's top-ranking racketeer, hitting the shot for which he is famous the world over—the two-fisted backhand drive.



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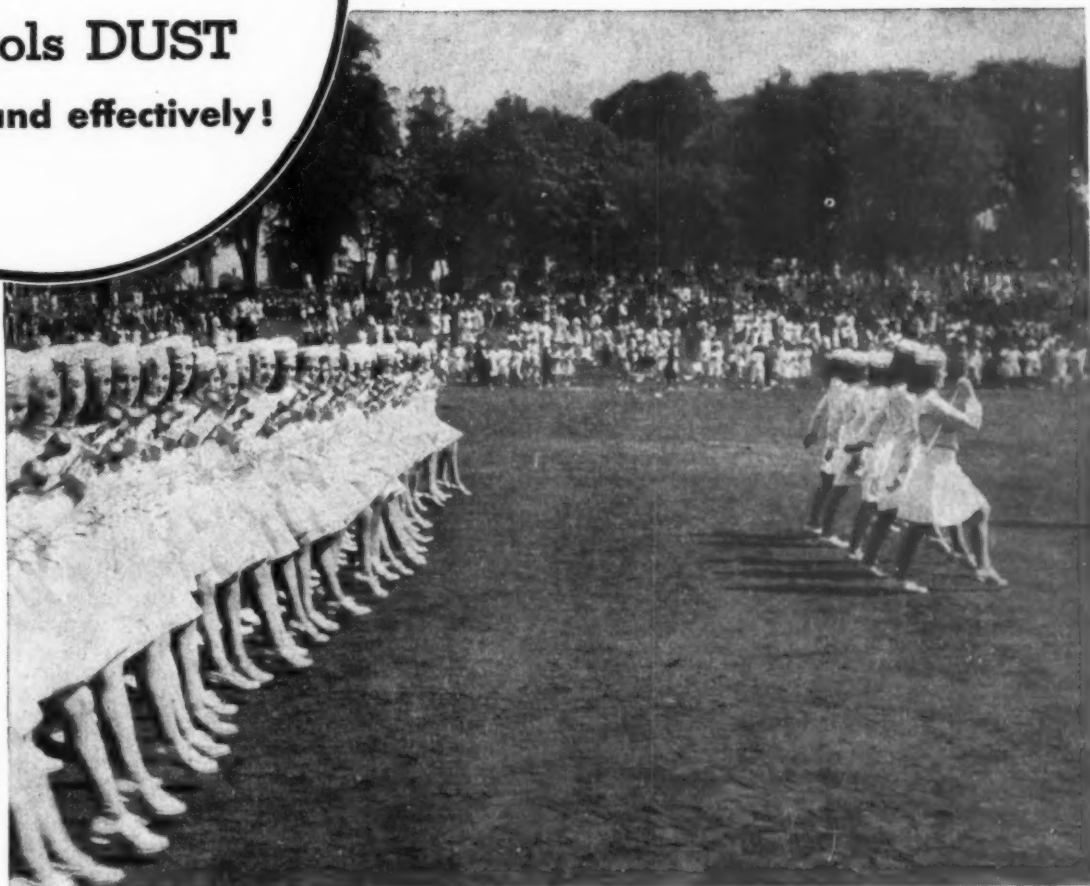
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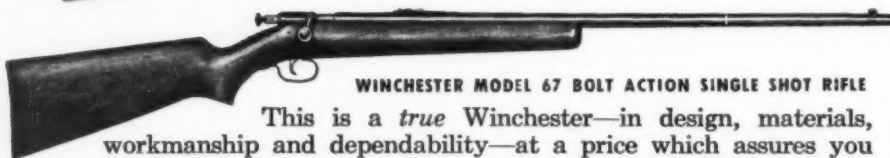
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On the Right Track

(Continued on page 20)

epidemic last winter, when 20 percent of the Loughlin student body were hit, less than three percent of the track team were afflicted.

After the workout, keep an eye on the freshmen. If you don't watch them, some will duck out without showering.

Weight charts should play an important role in the training. If a boy loses weight rapidly, immediately decrease the workouts in both number and intensity.

I do not believe in time trials. Too often they take more out of the boy than the actual race. Boys are prone to worry about them too much. In many cases, the trial rather than the meet race becomes the major objective.

I know when I ran in college, I couldn't run a time trial for love of money. But I could run a race. Every coach knows his best men. He shouldn't need a time trial to separate the chaff from the wheat.

Timings—not trials—have some value for beginners. By posting the initial times and subsequent improvements, you may furnish the boys with a good incentive.

On the subject of incentive and bulletin boards, I recommend plastering the training room with posters. I clip all the pictures I can find in periodicals and papers, and tack 'em up where the boys can always see them. Besides offering many technical aids, the pictures encourage other boys to come out.

The procedure for meet days depends upon the time the boy is competing. If he is running at 5 o'clock, have him rise early, eat a good breakfast, go for a walk, and return. At 12, he should eat a light lunch.

If he is competing at 2, have him stay in bed a little later and eat just one meal.

Always let the boys know a day in advance what time they are scheduled to run. I have a strict rule for meet days—a boy must report to me just before his event and soon after.

I tell my boys to report to me an hour and a quarter before their event. This gives me time to notify them of any last minute changes. They start warming up 45 minutes before the call.

After the race, they again report to me. I like to get their reactions—how they felt during the race.

I keep a manager next to me throughout the meet. He sticks closer than a bill collector, and

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takes down all my observations. So much happens during a meet that it is silly to trust all your observations to memory.

The boys on the relays must stick together. Otherwise, one of them is sure to get lost.

I keep an extensive filing system. I can tell what any one of my boys did on any day of his career. I make these entries every night when I get home. That way I get to know my boys pretty well.

A parting bit of advice as regards equipment: Buy nothing but the best. It's cheaper in the long run. And insist that the equipment be kept in perfect condition.

At Loughlin, any loss or destruction had to be paid for in full by the boys. This severe rule paid dividends. Some of the nice-looking suits my boys wore in 1945—were bought in 1930!

Then There Were 9

(Continued from page 28)

fence or other obstruction marking the boundaries of the playing field shall be a two-base hit.

When the batsman becomes a base-runner (Rule 26): Add Section 6, if a pitched ball, not struck at, touches any part of the batsman's person or clothing, while standing in his position, unless in the opinion of the umpire, he plainly makes no effort to get out of the way of the pitched ball, in which case the umpire shall call a strike or ball in accordance with Rules 10 & 11.

Entitled to bases (Rule 27): Section 1, if, while the batsman, he becomes a base-runner by reason of "four balls," or *for being hit by a pitched ball*, or for being interfered with in striking at a pitched ball, or if a fair hit ball strikes the person or clothing of an umpire or a base-runner before touching a fielder; provided that, if a fair hit ball strikes the umpire after having passed a fielder other than the pitcher, or having been touched by a fielder (including the pitcher), the ball shall be considered in play. Also, if a fair hit ball strikes the umpire on foul ground, the ball shall be in play.

Section 2. If the umpire awards to a succeeding batsman a base on "four balls," or *for being hit by a pitched ball*, or for being interfered with by the catcher in striking at a pitched ball, and the base-runner is thereby forced to vacate the base held by him.

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BASKETBALL RULES CHANGES

by H. V. Porter, Secretary National Basketball Committee

AFTER a careful study of all available data, the National Basketball Committee authorized several changes in the code, the most important of which follow:

1. During the last four minutes of play, any player may re-enter the game once. The timer will be instructed to stop the clock every time the ball becomes dead (in the last four minutes).

The stopping of the clock will add about 42 seconds of playing time. Under the old rule, a team could stop the clock by calling a time-out. Thanks to the new rule, there will be no object in taking time for that purpose.

2. The pivot-foot rights of a player coming to a legal stop have been slightly liberalized. If the player with the ball comes to a legal stop with neither foot in advance of the other, he may use either foot as the pivot foot.

In the past, he could do this if he came to a legal stop on the count of one, but he was restricted when he came to a legal stop on the count of two.

In actual practice, this change will not have any great effect on the game since officials have often overlooked the restriction. It will have some effect in cases where a player comes to a legal stop with his back to his own basket. He may now legally sidestep before making a try for goal. This permits him to avoid contact on various types of pivot shots.

3. Transparent backboards will be considered legal for gyms with seats at the end of the court. Specific markings will be recommended (for border and target). Heretofore, many of the larger places used the transparent boards despite their illegality. Either the small backboard or the large backboard may now be made of transparent material.

4. The rule concerning the location of a jump following an out-of-bounds ball will be slightly modified. The primary purpose is to permit simplification in administration. Whenever a jump follows an out-of-bounds ball, the ball will be tossed at a spot six feet from the place where the ball went out of bounds.

This will apply to all cases where the official is in doubt as to who last touched the ball or where the officials disagree as to which team last touched it.

It will also apply to cases where the ball goes out of bounds after simultaneous tapping by two jumpers. Heretofore, some of these jumps were held near a boundary and others were taken to the spot where the ball was last simultaneously touched.

5. Recognition will be given to problems connected with scoring and tim-

ing. A slight change in the wording concerning assistant officials will direct attention to the practice of having trained officials for this work and of centering responsibility on one timer and one scorer. Where desired, a checker or bench official may work with both timer and scorer.

This is not a change in the rule. It is merely an addition to legalize a practice which has been successfully followed in a number of the larger institutions.

6. To prevent the cancelling of a field goal following a foul, a minor modification has been made in the note describing "continuous motion." Officials have used discretion in determining when continuous motion has ended. They will be encouraged to exercise such discretion. This is not a change in the rule, but a slight change in emphasis on the interpretation of certain statements in the rule.

7. Several sections of the code will undergo revision for the sake of clarity and of bringing the section into harmony with other sections of the rules. Among the sections which will receive attention are 5-8, 5-12 and 7-2.

The committee authorized the reopening of negotiations with the Amateur Athletic Union in an attempt to work out equitable agreements under which the A.A.U. would again become part of the Joint Basketball Committee.

A small sub-committee was empowered to work out details with representatives of the A.A.U. and to issue formal invitation if agreement can be reached on these details. Action of this committee will be subject to approval by the constituent bodies which make up the joint committee.

The committee officially approved a French translation of the basketball rules edited by Paul Panneton of Montreal, Canada, and Spanish translations edited by Carlos Vallejo of Mexico and Ernesto Rivera Duran of Colombia, South America. Machinery was set up to further friendly alliances.

Officers for the ensuing year include: Chairman H. G. Olsen; Vice-Chairman E. J. Hickox; Secretary H. V. Porter; Treasurer Norman Shepard; Editor Oswald Tower; Member Executive Committee Lyle Quinn.

JUDGING by the number of players and spectators, the 1945-46 basketball season was the greatest in history. Here are a few supporting statistics:

The first day of the Iowa high school finals was witnessed by more than 30,000 people. This round involved eight games played in morn-



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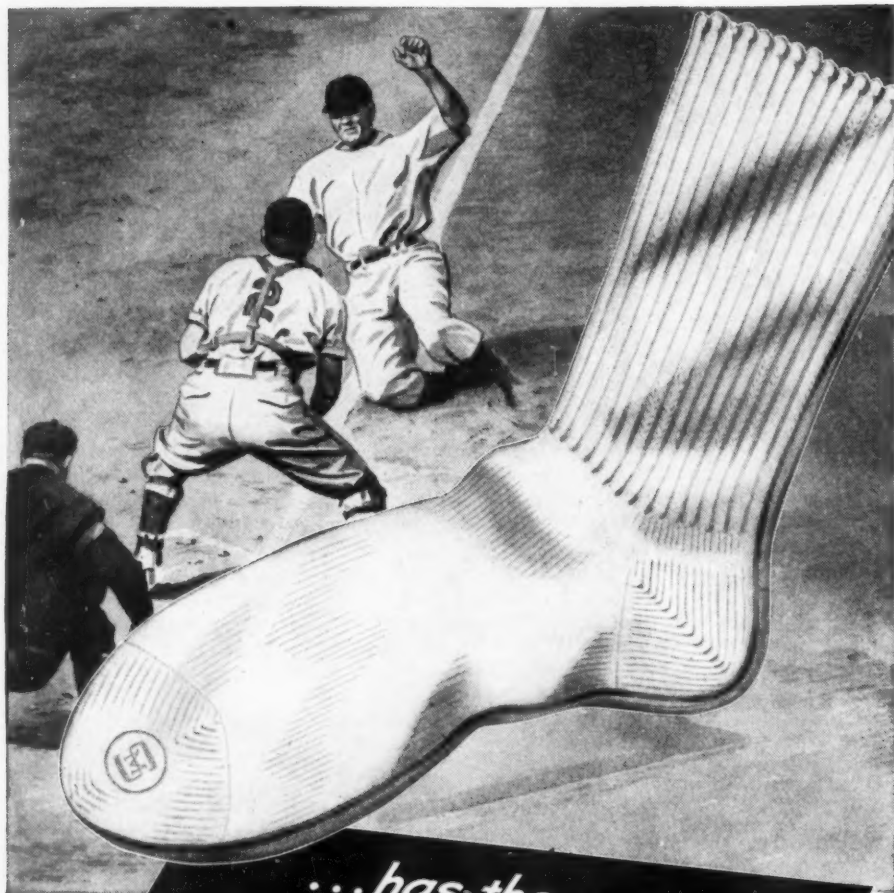
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ing, afternoon and evening sessions. At the night session, 14,400 spectators appeared. The capacity of the field house was taxed.

In the Minnesota state high school final tournament, the attendance reached 61,258. In the final session, 16,091 admissions were packed into a field house designed for 13,700.

In Indiana, the admissions to the entire series leading up to the state championship reached the staggering total of 1,300,000.

In Illinois, the state finals are played in a gymnasium which seats only 7,000. On the first day of the ticket sales, there was a demand for 33,000 tickets.

Many factors have brought about this widespread interest. One of them is the attractive type of game now being played.

Another is the time devoted by many men to a year-round program designed to keep the game up to date. This program involves the state high school associations, the college conferences, groups of coaches and officials and many similar organizations.

As far as the rules of the game are concerned, there is continuous experimentation and observation under general guidance of the National Basketball Committee. When anything arises to threaten the popularity of the game, groups are immediately assigned to experiment, collect data and make careful observation. These often lead to corrective measures.

Take the abuse of the free substitution rule. There were many advantages to the rule removing a limit on the number of times a substitute could enter the game, but the more liberal rule led to abuses. It then became necessary to devise means of correcting the abuses. This was done experimentally by prohibiting re-entry during the last part of the game. After a season's use of this corrective measure, the National Committee has devised an improved method of curbing abuses while placing a minimum number of limitations on player activity.

One factor in the experimentation program is the annual questionnaire. This questionnaire is distributed to approximately 10,000 coaches, officials and contest managers. It has three important purposes:

1. To check on sentiment concerning the rules in use for the first time during the current season;
2. To give each experimental and statistical group an opportunity to record the results of the season's work;
3. To give everyone an opportunity to express himself on items which have been widely discussed during the season and which will be considered by the National Committee when it meets to make up the rules for the following year.

This year's questionnaire furnished a check on the sentiment concerning the six provisions which became part of the code in 1945-6. Here are the results of the questionnaire vote.

Basketball men were almost unanimous in their satisfaction with the

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1945-6 rules concerning return of ball to the back court, the set of signals for officials, and the rule stipulating that leaving the jumping position too soon is a violation instead of a foul.

With respect to awarding the ball at the side (instead of the end) on goals following a violation, the vote was approximately five to one favoring the rule as adopted. The delayed whistle on certain jump ball violations was approved by a majority of approximately five to three.

The one rule change of last year not approved was that which prohibited a player from re-entry if withdrawn during the last four minutes of the game. Comments which accompanied the questionnaire indicated that almost everyone recognized the need to curb the confusion resulting from indiscriminate substitutions. The rule in effect during 1945-6 was needed and it served a purpose. But the majority vote against it indicates that many believe there are better ways to avoid the abuses.

Time data

Experimentation and collection of statistics during the past season centered around three or four topics. Much time was devoted to the careful collection of time data. The figures indicate that, on the average, it requires approximately three seconds to hold a jump ball, two seconds to get the ball into play after a successful goal, and four seconds to get the ball in play after it has gone out of bounds.

Related statistics indicate that the number of times the ball goes out of bounds and the number of held balls are less than most people would guess. During the last four minutes of a game, the number of held balls average three and the number of times a player causes the ball to go out of bounds average four.

The time consumed by held balls and out-of-bounds situations is approximately 42 seconds. Statistics which have been gathered for several years indicate that the number of held balls and the number of out-of-bounds balls have been gradually decreasing. This is probably due to more accurate ball-handling and more open play.

A great deal of experimentation was also done in connection with a proposal to bring all jump balls to the nearer restraining circle. The time consumed in moving to the nearer circle is not great. It may actually represent a saving when you remember how officials must hold up the game to prevent crowding around the jumpers at spots where there is no restraining circle.

Still other experimentation centered around the situation where a field goal must be cancelled because it is scored after the thrower's team has been fouled. Some groups authorized the officials to withhold the whistle in such circumstances and to count the goal, even though the ball left the thrower's hands after the foul was committed.



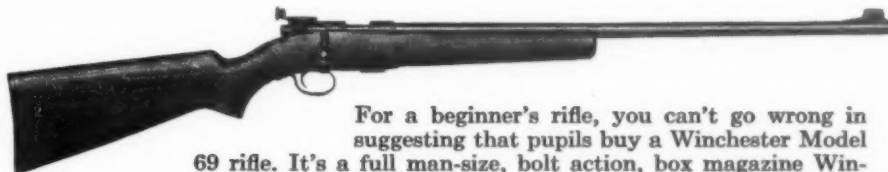
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Coaches' Corner

Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 220 East 42 St., New York 17, N. Y.

We approve of the U.N.O.'s new home—the Hunter (girls) College gym, where 80,000 Waves were trained during the war. Any building still standing after 80,000 women played ball in it, must have some mystic qualities designed to encourage the peace.

You cannot be too stuffy in a gym. The odor of antiseptic—and cologne—discourages sterile protocol. A fat babe, wrapped in a small towel, is too apt to wander through the conclave at any moment, looking for the locker room.

And listen, you beautiful new world builders, pay attention to those signs in the gym. Use that footbath before you enter the showers. And don't shoot baskets in your street shoes.

Any time you get sore at one of the brethren, take him over in the corner and work off your pique on the tumbling mats, instead of the world. Remember, too, that you now live in the Bronx. From now on, Mr. Stettinius, Mr. Bevin and Mr. Gromyko,

(Continued on page 44)



Drawn by K. C. T. Lippert

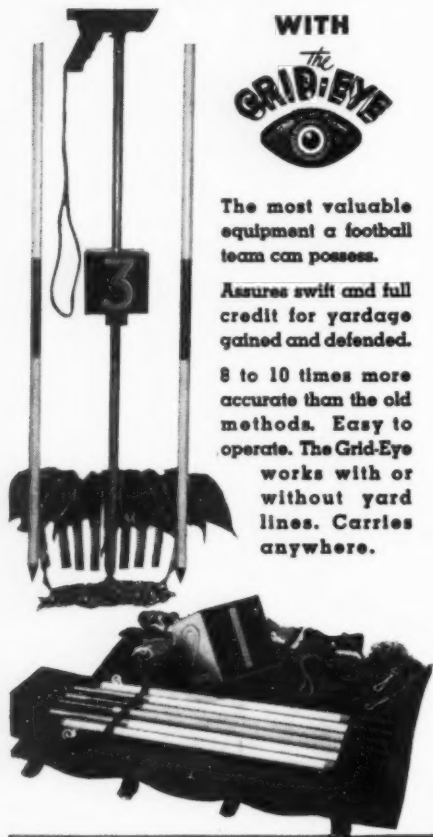
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it is up to you to defend hotly any smirches on its honor. That Brooklyn crowd is quite nasty at times.

And no intermission crap games in the locker rooms, please. This is a ladies' college gym, not a country club. And leave us not have Mr. Bevin shoving Mr. Gromyko in the swimming pool. We get enough of that stuff in the movies.

We didn't believe it, until Howie Brill, the former national shot-put champion, produced a moth-eaten clipping as evidence. There, plain as a Sherman tank, was the dope—a soccer team composed of lunatics defeated a sane team, 4 to 2! It happened about ten years ago in Bilbao, Spain, in a game staged by medical specialists to prove the insane are as capable of sports as normal people.

As further proof, there is Johnny McDermott, the national open golf champ of 1911-12, who now is an inmate of a psychiatric ward in Philadelphia. The doctors used to let him bat a golf ball around now and then. And on these occasions, he would play perfectly from tee to green. But once on the green, no matter how close to the cup he was, he would refuse to putt. He'd pick up his ball and walk to the next tee.

He probably wasn't so whacky at that. If our putter keeps behaving as it does, those taps on the green will soon be driving us nuts, too.

And then there is Ad Wolgast, the old lightweight champ, who has been confined in an institution on the Coast for years, and is still going through the motions of training for another fight with Battling Nelson.

Just in case you missed seeing it in the papers—Bob Kurland, the mountainous Aggie center, performed a one-man blitz on St. Louis U. when he dunked 25 goals and eight fouls for 58 points—a new scoring record for major college basketball. After the cheering subsided, the St. Louis fans remembered to get mad—they accused the Aggie coach, Hank Iba, of pouring it on.

Ever hear of a college prof who biffs hockey pucks as a hobby? The guy's name is Joe E. Paul and he is assistant professor of electrical engineering at Princeton, of all places. Paul played hockey at Union College, continued for two seasons with the Baltimore Americans, then joined the Manhattan Arrows of the Metropolitan League (N. Y.). This season he was picked the league's outstanding player.

And why not? Shouldn't an electrical engineering prof know how to

keep hot on the ice? (Doesn't that ap-Paul you!)

A loud allagaroo for Tony Janos, Minnesota hoop ace, who is a real team man. Going into the last game against Wisconsin, Tony needed 32 points to nose out Max Morris for the Big Ten scoring title. With 37 seconds remaining, and the Badgers ahead 57 to 56, Janos had 28 points and needed only three more to tie Morris. With 16 seconds left, he was fouled and awarded two shots.

The stands buzzed with anticipation. Would Tony sink the first and take the second out of bounds, forcing the game into overtime during which he could add to his total?

Tony elected to shoot both fouls. Each dropped through the cords. The Gophers won 58 to 57, and Janos' gallant bid for the title went out the window—for the lack of one point.

The night Les MacMitchell tied the world's indoor mile record of 4:07.4, a huge crowd of well-wishers surged into the dressing room, preventing the happy miler from dressing. By the time the room was cleared, all the other competitors had dressed and left. Only MacMitchell remained.

At 11 o'clock, a house cop shoved his head into the doorway and growled: "Come on, young fellow, get a move on—we're closing the place. You gotta get out of here in five minutes."

Ten minutes later, the cop reappeared. MacMitchell was just slipping into his shorts. This was too much for the exasperated minion of the law.

"For crissakes!" he exploded. "Whassa matter, got lead in your pants or something? You're the slowest blankety-blank thing I've ever seen on two legs. Brother, you're never going to beat anybody!"

When MacMitchell was an ensign, he used to work out whenever and wherever he got the chance. One day, while jogging up and down a stretch of beach in Hawaii, he was accosted by a goggled-eyed youngster.

"Hey," the kid said, pointing to Les' NYU jersey, "did you ever go to NYU?"

"That's right," Les answered.

"Did you know MacMitchell?"

Les grinned—"yup." The kid looked his disbelief. "How well did you know him?"

"Well, I'll tell you, everytime MacMitchell ran, I ran."

The kid sneered. "Oh, a student manager!"

We like the analogy Tim Cohane of *Look* draws between Branch Rickey and Leo Durocher. "On the surface," Cohane says, "the pair appear to have as much in common as *Pilgrim's Progress* and *Forever Amber*."

While making his maiden speech before a downtown club, Eddie Doo-

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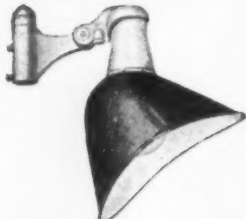
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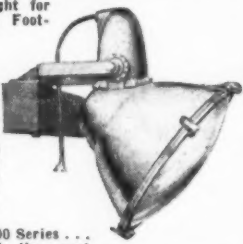


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ley, the old Dartmouth all-American, noticed the boys up front fidgeting and twisting uncomfortably. As Doolley sat down, one of the front-line listeners suddenly keeled over.

Eddie grabbed the toastmaster's arm. "Say, what's the matter with the guy?"

"Oh," was the answer, "epilepsy."

"Gosh, has it ever happened before?"

"Well," replied the toastmaster, "we've always had protests about our choice of speakers. But we've never had a protest so immediate and so demonstrative."

Eddie also likes to tell about the trick play he rigged up against Harvard. The idea was to fake a couple of times, then fade back and throw a 50-yard pass to a man free in the end zone.

The day of the game came and Harvard forged ahead by six points. Try as it might, Dartmouth couldn't push the ball over. With three minutes to play, Dartmouth recovered a fumble on the 50-yard line. "Here," thought Eddie, "is the time for my play."

He called the signal—the fakes went off faultlessly—Eddie faded back—lifted his arm to pass—and was smothered for a 25-yard loss. Undaunted, he called his signal again. Again everything went off smoothly—until Eddie lifted his arm. This time he was pulled down on his three-yard line.

As Eddie lined up for the next play, a raucous voice floated out of the bleachers. "Will somebody give that so-and-so a ticket—he may want to get back in the stadium after the next play."

In one of his rare unsubversive moments, Ham Fish, ex-Harvard all-America tackle and ex-congressman, pulled this corker at a football dinner. After a half-dozen speakers had lauded the benefits of football in later life, Ham rose to his feet and stated:

"I also believe in the value of football. I just read where a teammate of mine in 1907, who is now 61, is marrying for the fourth time to a girl of 24. Yes, sir, football is beginning to pay dividends."

According to the latest *Esquire* poll, Piggy Lambert is the outstanding collegiate basketball coach of all time, with Phog Allen right behind him. Hank Luisetti is rated the greatest college player of all time, and the 1942-43 Illinois Whiz Kids the greatest team.

For the most unauthentic boxing sequences in the history of movie making, don't miss Danny Kaye's new movie, *The Kid from Brooklyn*. However, it's all in fun, and there's lots of it. Danny is a milkman, who gets talked into becoming a fighter. Since Danny can't lick his weight in gum

drops, his manager fixes all his fights—setting up some humorous situations.

As Danny enters the ring for his first fight, his opponent—who is scheduled to take a dive—takes one look at Danny's powder-puff figure, turns to his handler, and moans, "Isn't it disgusting what I'll do for money?"

Perhaps the greatest typographical error in the history of sports reporting appeared in an Eastern newspaper soon after the infamous Brooklyn College basketball scandal: The story read: "Three members of the Brooklyn College basketball team have been charged with accepting \$1,000 brides to throw a game."

We'd toss a game ourself for that sort of inducement.

When John "Information Please"

Kieran was sports columnist for the *New York Times*, he appeared at an Ivy School forum, where a speaker ribbed him by saying John's alma mater, Fordham, did not provide its students with sufficient classic education.

Kieran arose and made a speech of concurrence—in Latin!

The war is over—and well do the Detroit Tigers know it. The club is sure dishing out the moola this year. Hank Greenberg is drawing \$60,000; Hal Newhouser, \$45,000—all-time tops for pitcher pay—and Dick Wakefield is working for about \$35,000. And we had to take up typewriter pounding for a living!

"In your article on New Jersey's Trackless Wonders last month," writes Ray Callaghan, track coach at Scotch Plains (N. J.) High, "you stated that Mountain Lakes finished fourth in last year's state meet. They didn't—they finished third, only 2¾ points behind the runners-up."

"Why should it concern me? Because here at Scotch Plains we are very proud that we gained fourth-place honors. We've been doing our training under the same handicaps as our friends at Mountain Lakes. We have no track, either. Neither has Cape May, which placed sixth in the meet."

"Incidentally, I graduated from Cape May and did my track training on the golf links and highways, the same as the boys are doing today. How is it done? The answer is simply a deep, honest love for the sport. That's why Dick Willing of Mountain Lakes and Steve Steger of Cape May can usually produce one or two state champs a year. You can't help but admire the kids working under such conditions."

Pro basketball is now in the big time. Any sport that can sign a player to a five-year contract at \$12,000 per annum, cannot be considered small fry. The beneficiary of the contract is big George Mikan. His employers are the Chicago Gears.

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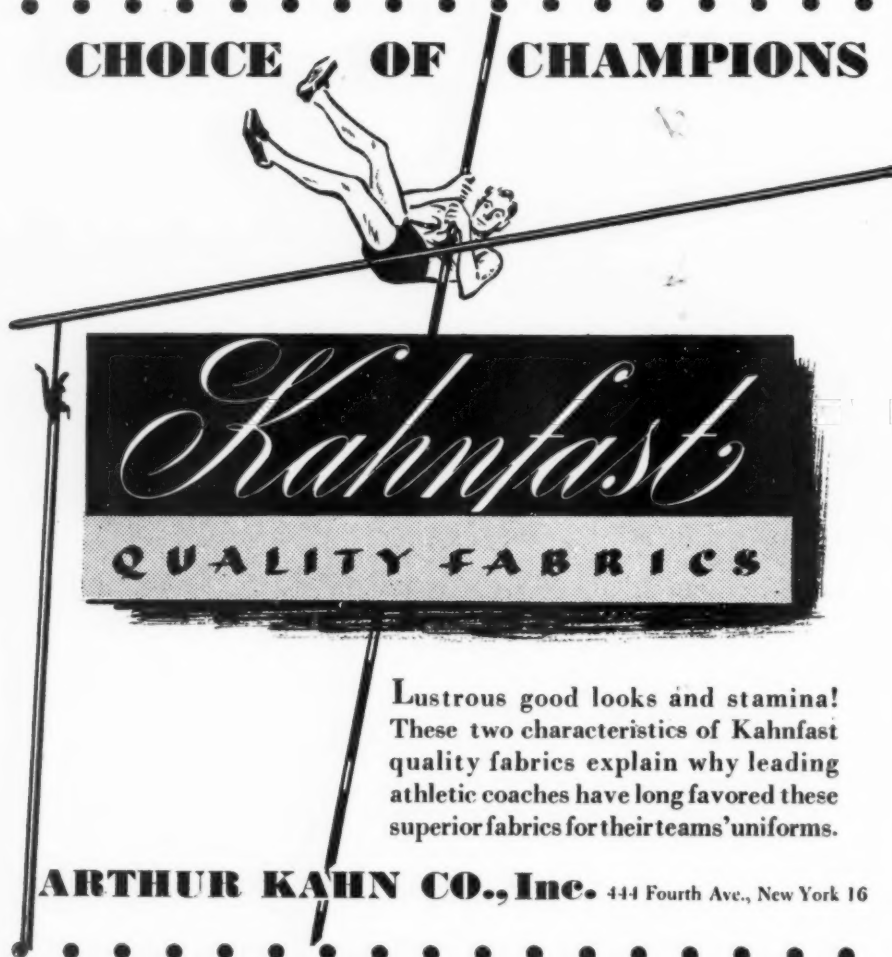
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Sprint and Distance

(Continued from page 11)

1. Rising too quickly after leaving the mark.
2. Taking too big or too choppy steps at the beginning.
3. Toeing out (instead of running with toes pointed straight ahead).
4. Weaving from side to side.
5. Swinging the arms too far across the chest (instead of straight forward and backward or slightly toward the middle).
6. Running in too erect a position (instead of leaning forward).
7. Tilting the head backward and tensing the neck and shoulders.
8. Jumping at the finish tape.

DISTANCE RUNNING

IF YOU don't own sprinter's speed, don't waste your time trying to become one. Look around for another event. Perhaps the 440 or 880 is more up your alley.

Now don't get me wrong. I'm not saying distance runners don't need speed. They do. Nearly all our great milers—Glenn Cunningham and Les MacMitchell, for example—could run very fast quarters (440 yards). The faster a distance man can run, the better are his chances for winning.

But, as a rule, he doesn't need the speed of a sprinter. What counts most, in the final analysis, is endurance. Not just the ability to run long distances, but the ability to run distances at a snappy pace.

Now for **the form** in distance running. How does it differ from sprinting? Many college quarter-milers run the 440 as they would a sprint—with one difference. Since it's impossible to run more than 300 yards at top speed, they slow down a little ("float") during the middle of the race. Then they close with an explosive finish.

But you're not a college runner. For you, the 440 is a distance event. Here are the things to remember in running distances 440 and up.

1. Run at a slower pace than in the sprint, and take a natural stride.
2. Keep the angle of the body straighter. In the sprint, I recommended a 25-degree trunk angle. In the distances, the angle is about 15-20 degrees. This gives your body all the lean it needs. Remember, the longer the distance, the straighter becomes the angle of the body.
3. Don't lift your knees as high or drive your legs as powerfully as in sprinting. Make your knee action a natural movement.
4. The action of the arms is also

less vigorous and more relaxed. Carry them a little lower and don't pump them as hard. But keep working them smoothly forward and backward. Your hands are slightly cupped, rather than clenched.

5. In the sprints, you run on the balls of your feet. In the distances, you land on the ball, but let down on the heel. This is known as a ball-heel landing.

6. Breathe regularly and naturally through the nose and mouth.

7. Relax your shoulders more than in the sprints, but keep your chest and head up and shoulders square to the front. Keep your eyes focused at a spot about 10 yards out in front.

In both the 440- and 880-yard events, you must sprint at least 50 yards to obtain a favorable starting position. So use your sprint start. Run with an easy, relaxed, springy stride, and breathe deeply and easily through the nose and mouth.

The proper strategy depends on many things: (1) your build, speed and stamina; (2) the opponents you're facing; (3) the way the race develops; (4) the condition of the track.

Without knowledge of these things, it's impossible to give a clear-cut picture of the strategy to use. But several general suggestions may be offered.

The first thing to do (as I've already mentioned) is to sprint the first 50 or 60 yards. Besides assuring a good position, this prevents you from being bumped around by the opponents.

If you have a strong finish, it's a good idea to let someone else set the pace. Striding along in second or third place relieves you of the mental strain of setting the pace.

If you don't possess a "kick"—a strong finish—you must go out and set a pace that will wear out your opponents. At the same time, avoid going so fast that you "kill" yourself, too!

Always try to maintain a position close enough to the "pole" (inside of the track) so that no one can pass you on the inside.

Don't try to pass an opponent while rounding a turn. Wait until you reach a level stretch. Then, sprint for 20 or 30 yards. This will carry you by the opponent—many times, without challenge, since he will get the impression you are still fresh.

Save something for a strong finish. Wait until the last quarter of the race, then let go. This sprint is accomplished by getting a little higher on the balls of your feet, and letting go with everything you have.

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Base Running

(Continued from page 12)

The take-off is always from the doubled-up leg—either the right or left, whichever is most comfortable. The extended foot is kept in the air until the bag is reached. This prevents the spikes from catching in the ground and interferes with the step of the baseman on possible double plays.

In addition to being the safest of all slides, the bent leg also permits the runner to rise quickly on errors or overthrows. Aided by the momentum of his slide, the player pushes his body up with his hands and bent leg.

The feet-first slide is too dangerous to permit any but the best of sliders to use. The peril of broken ankles and legs is just too great. The head-first slide, while simple enough, is also a dangerous slide and should be discouraged. The nitely your safest and most efficacious slides.

The coaches at first and third—and there should always be one at each post—are directly responsible for your runners. Hence, their knowledge and grasp of situations are of utmost importance. A set of pre-arranged arm signals is basic to every offense, and should be simple enough to be instantly and perfectly understood. A generally accepted set of signs follows:

Hand extended straight overhead: Come in standing and hold up.

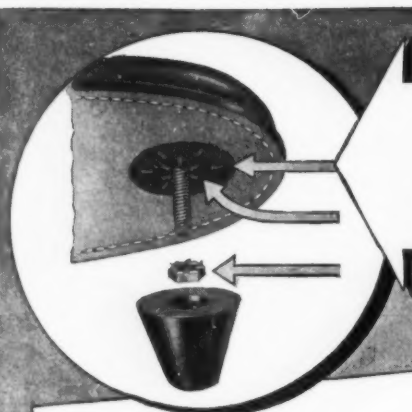
Body bent forward, palms down near ground on right or left side of base: Slide to side of base indicated.

Left or right arm waving in direction of next base with other arm at side of body: Make the turn and continue on to next base.

Left or right arm waving in direction of next base, with opposite arm extended overhead: Make turn but hold up at base just reached.

Along with his signs, the coach should shout instructions: "Hold up!", "Slide!", "Tag up!—Go!", "Go on in!", etc. He also tells the runner how far to leave the bag after the pitcher's release, when to hold up on a batted ball and when to go. Good runners invariably heed the coach's instructions. The non-conformists lose you the close ones.

How many times have you seen a runner on third with less than two out, shut his ears to the coach and set sail for home on a fly ball—instead of holding up until the ball is caught? On any reasonably deep fly to the outfield with less than two out, a runner on third should tag up until told to go by the coach.



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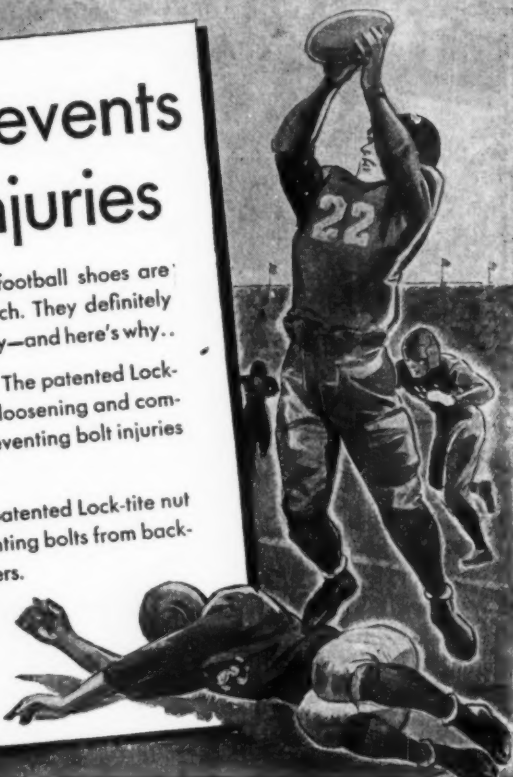
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Many runners are stupidly thrown out on grounders on which they should have stayed put. With none out, a man on third should hold up until the ball goes through the infield. If the ball is fielded in the infield, the runner, with good timing and a fairly good lead, has a better chance of scoring on the throw to first than by going in with the hit.

Two particularly important things to impress upon every player are when to go and when to hold on a bunt. When being sacrificed from first to second or from second to third, the runner should always hold up until the ball is safely bunted. Many players duck their heads and start running with the pitch—to be caught cold on a pitch-out or a missed bunt.

On squeeze plays and hit-and-runs, however, the runner should go with the pitch, since the batter must offer at anything.

1. When running to second on hits to right field you can't see, look to the third-base coach for information as to whether to continue.

2. In rounding the bases, touch the corner of the bag nearer the pitcher.

3. With none out, play safe. Take your chances with one or two out. Don't gamble on an advance to third with two out, since you are in scoring position on second. With one out, you may take a chance, since there is additional scoring opportunity at third.

4. Everytime you reach base, keep the situation uppermost in mind. Recall how many are out, the score, the stage of the game, the throwing ability of the outfielders, the depth of the defense, and the base-runners ahead of you.

5. When on first, look for the steal sign with the score close and one or two out. The hit-and-run is recommended with the score close, less than two out and fewer strikes than balls on the batter.

6. When on second, don't try to steal with two out. You are already in scoring position; the risk isn't worth it. Neither should you try to steal third with a left-hander up, since the catcher has a clear view of the base.

7. With men on first and third and less than two out, the man on third should go in on a grounder, either scoring or drawing the throw and breaking up a double-play possibility.

8. On short flies with less than two out, the runner should take a position between the bases from where he can quickly return if the ball is caught or scoot for the next base if it is dropped.

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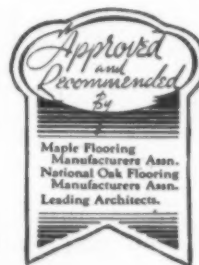
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W. Harold O'Connor coaches track and cross-country at Barrington, R. I., High School.

MANY critics of high school athletics claim that our sports do not do in fact what they stress so much in theory; that we do not train for leadership, that the boys are pawns on a coach's chess board.

In all fairness, we must admit, as we watch the effects of unlimited substitution in football, the immediate communication privileges of substitutes in basketball, and the shouted instruction of coaches in hockey, that there is some ground for criticism. Coaches are running things more than they ever have in the past.

If we are to prepare our youth for the rigors of military training, we must expand all scholastic athletics. But that's only half the battle. Somehow, somewhere along the line, we must place leadership responsibility upon the shoulders of the boys.

I think we can do this effectively without "giving the game back to the boys," which sounds great in theory but is mighty weak in practice. We can do far more good through our use of captains and managers. It is my belief that managers are often given more opportunity for leadership than team captains. We can easily help to develop both. We can even extend the benefits to many more.

For some time now, I have been experimenting in track with an idea that has really worked. At the suggestion of a friend, wise in coaching ways, I enlarged upon the co-captain idea. In championship meets, my veterans share the responsibility of leadership.

Assuming I have four sprinters entered, I delegate one to serve as captain. He has the task of submitting all entry changes to the officials. He must see that the sprint team is on the starting line at the call, do the talking for the group and report to me any unusual developments in the race.

Another boy is captain of the distance men, another leads the weight men, etc. The same method is followed in relay carnivals—a man leads each relay team.

The plan has worked well enough

to attract the attention of meet officials. They have commented on the business-like attitude of my team, considering it a definite aid in speeding up the meet. I believe this is true. But the plan does far more than that. It distributes the responsibility of leadership among ten boys. And they like it!

The plan has many more possibilities. I've extended it to my baseball team, naming outfield and infield captains. They have the responsibility of calling the play on balls hit into their territory. In accordance with instructions, they also move players about to meet defensive situations. I've found this frequently helps avoid confusion. It isn't perfect, but it works.

The plan has plenty of value in football, especially in practice sessions. It is almost impossible to have a coach for each position. What you can do, however, is to select individuals to handle stunts and practices for special groups.

For example, if your guards need practice in pulling out, put one of your veterans in charge. You can do the same with your tackles, your backs, and so on down the line and backfield.

I have seen the idea work wonders in situations where the coach has been delayed or where he has been working with individuals on other parts of the field.

Cross-country plan

I have always wanted to extend the plan to the weaker and less confident boys. And I found my opportunity in cross-country. In my daily workouts, I began to assign boys to definite tasks. If the work centered on taking the hills, I selected boys to lead small groups over the hills. If it centered on pace work, I assigned several boys to set pace for groups of three or four.

In most cases, their own running improved and they enjoyed the chance to lead. This was especially true of the poorer runners. I consider this a step in the development of leadership. It can be, in part at least, your answer to the critics who attack us for our failures in other phases of our work.

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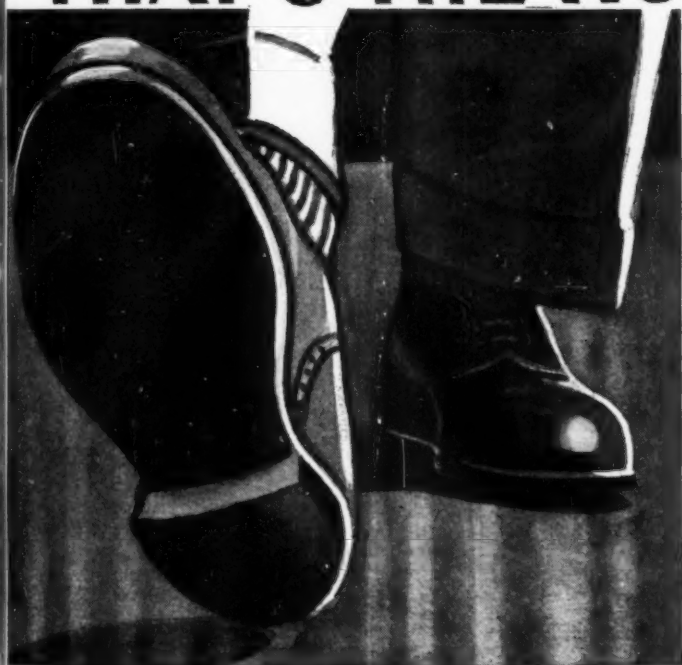


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NATIONAL FEDERATION NEWS

SPRING football practice is still a subject of much controversy. According to the latest information (not guaranteed), the following states prohibit organized spring drills:

Colorado, Idaho, Iowa, Kansas, Michigan, Montana, Nebraska, Nevada, New Jersey, New York, North Dakota, Oklahoma, Pennsylvania, Utah, Virginia, Washington, West Virginia, and Wisconsin.

Mississippi and Ohio banned spring practice for a year or two until some of the larger schools started complaining that the restriction interfered with their regular athletic and physical training program. The rule was then modified to permit several weeks of spring practice.

Baseball. An interesting clinic was held in February at Toledo U., featuring the world champion Detroit Tigers, who demonstrated all the fundamentals. Several thousand attended the clinic, which was sponsored by the Toledo Baseball Club in cooperation with the high schools and colleges of that city.

A similar clinic, sanctioned by the Michigan H. S. Athletic Assn., is held each year in Detroit.

Football. A series of football clinics has been arranged for Minnesota, Montana, Washington and Utah during the last week in August and the first week in September. Leaders from each section of these states will convene at a central point to receive materials and instructions that will enable them to direct future local meetings.

The new official football film will be used as part of the program. Attempts are being made to make the picture available for all the local meetings as well.

Basketball. The annual questionnaire was widely distributed during March. Early returns indicate a high degree of approval for nearly all of last season's revisions.

National Federation handbook. A new edition of the Handbook will be published next month, similar to the last edition published several years ago, but with the directory and other data brought up to date.

A letter from the Treasury Dept. expresses appreciation to the state and national high school organizations for their efforts in the last Victory Loan Drive.

An excerpt follows: "The Treasury Dept. is deeply indebted to you for the magnificent cooperation you gave the War Savings program. Educators can be justly proud that their leadership in this nation-wide project has brought growing community appreciation for our schools."

Athletic equipment. Through the cooperative efforts of several outstanding sporting goods manufacturers,

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has been possible to fill the basketball needs of every school requesting a ball from the emergency stockpile.

In making such a request, a school must submit evidence showing it is unable to obtain a ball through regular trade channels, and that lack of the ball will seriously handicap the athletic program.

Such proof is submitted to the state association, which sanctions the evidence and forwards it to the National Federation. Upon submitting the proper certification, the school is permitted to purchase a ball from the emergency supply. In each case, the ball is credited to a dealer of the school's own choosing—at the standard price.

While equipment conditions are slowly improving, there is still a shortage of almost everything. Football and basketball suits are being produced in limited quantities. The same holds true of shoes, helmets and other equipment.

It is still a wise idea to place orders several months in advance of the time the material will be needed. Schools can further cooperate with the manufacturers by ordering nothing but standard equipment, and by accepting substitutes for items difficult to obtain.

California. The Interscholastic Federation has issued a comprehensive mimeographed bulletin dealing with safety in the physical education program. The bulletin calls attention to the many ways safety may be promoted in the school program.

Here are just a few of the items for the gym: the lower seven feet of all walls should be free of projection; doorknobs should be of the flush type; there should be adequate space between boundary lines of playing courts and walls or bleachers; windows should be of shatterproof glass or be covered with heavy screens; walls and ceilings should be painted a light color and light should be abundant.

Montana. At a recent meeting of the state association, a new dues schedule was adopted for 1946-47 calling for an increase in dues to meet more fully the needs of the state association budget.

At an impressive ceremony, appropriate gifts were presented to superintendent C. W. Grandey, of Terry, in honor of his 22nd anniversary as president of the state association.

Tennessee. The Secondary School Athletic Association has voted to establish an independent office for the state association and to appoint a full-time executive. Principal A. F. Bridges of Bayrs Hall High School, Covington, was elected to the new position and will assume his duties at the end of the school year.

Washington's state basketball final this year was arranged so that no one team played more than one game on any one day. Washington remains one of the few states that sponsors a state championship boxing tournament.

—H. V. PORTER

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OUTDOOR TRACK and FIELD RECORDS, 1946

	NATIONAL HIGH SCHOOL RECORDS	NATIONAL COLLEGE RECORDS	WORLD'S RECORDS
100-YD. DASH	9.4s. Jesse Owens East Tech., Cleveland, O., 1933	9.4s. Simpson, Ohio St., 1929 Meier, Iowa St., 1930 Wykoff, U.S.C., 1930 Metcalfe, Marquette, 1933 Owens, Ohio St., 1935, 1936 Jeffrey, Stanford, 1940 Davis, California, 1942	9.4s. Frank Wykoff, U.S.A., 1930 Jesse Owens, U.S.A., 1935
220-YD. DASH	20.7s. Jesse Owens East Tech., Cleveland, O., 1933	20.3s. Jesse Owens Ohio State, 1935	20.3s. Jesse Owens, U.S.A., 1936
440-YD. RUN	48.2s. Herb Moxley Central, Columbus, O., 1928	46.4s. Grover Klemmer California, 1941	46.4s. Ben Eastman, U.S.A., 1932 Grover Klemmer, U.S.A., 1941
880-YD. RUN	1m. 54.4s. R. L. Bush Sunset H. S., Dallas, Tex., 1933	1m. 49.8s. Ed. Burrowes Princeton, 1940	1m. 49.2s. Sidney Wooderson, Great Britain, 1936
ONE-MILE RUN	4m. 21.2s Louis Zamperini Torrance, Cal., H. S., 1934	4m. 6.7s Glenn Cunningham Kansas, 1934	4m. 1.6s. Arne Anderson, Sweden, 1944
120-YD. HURDLES (3 ft. 3 in. hurdles)	14s. Joe Batiste Tucson, Ariz., H. S., 1939	13.7s. (3 ft. 6 in. hurdles) Fred Wolcott Texas, 1940	13.7s. (3 ft. 6 in. hurdles) Forrest G. Towns, U.S.A., 1936 Fred Wolcott, U.S.A., 1941
200-YD. HURDLES (2 ft. 6 in. hurdles)	22.1s. Don Pollom, Topeka, Kans., 1938 Bill Hamman, Sunset, Dallas, 1941 Fred Batiste, Tucson, Ariz., 1944	22.6s. (220-yd. course) Jesse Owens Ohio State, 1935	22.5s. (220-yd. course) Fred Wolcott, U.S.A., 1940
HIGH JUMP	6 ft. 7 $\frac{1}{8}$ in. Gilbert La Cava Beverly Hills, Cal., H. S., 1938	6ft. 11in. Les Steers Oregon, 1941	6ft. 11in. Les Steers, U.S.A., 1941
BROAD JUMP	24ft. 11 $\frac{1}{4}$ in. Jesse Owens East Tech., Cleveland, O., 1933	26ft. 8 $\frac{1}{4}$ in. Jesse Owens Ohio State, 1935	26ft. 8 $\frac{1}{4}$ in. Jesse Owens, U.S.A., 1935
POLE VAULT	13ft. 9 $\frac{5}{8}$ in. John Linta Mansfield, O., H. S., 1939	14ft. 11in. Earle Meadows, U.S.C., 1937 Bill Sefton, U.S.C., 1937	15ft. 7 $\frac{3}{4}$ in. Cornelius Warmerdam, U.S.A., 1936
SHOT PUT (12 lbs.)	59ft. 1 $\frac{1}{2}$ in. DeWitt Coulter Masonic, Fort Worth, Tex., 1943	56ft. $\frac{1}{2}$ in. (16-lb. shot) Al Blozis Georgetown, 1940	57ft. 1in. (16-lb. shot) Jack Torrance, U.S.A., 1934
RELAY—440 YDS.	42.4s. Glendale, Cal., H. S., 1928	40.5s. U.S.C., 1938	40.5s. U.S.C., U.S.A., 1938
RELAY—880 YDS.	1m. 28.2s. Polytech H. S., Los Angeles, 1931	1m. 25s. Stanford, 1937	1m. 25s. Stanford, U.S.A., 1937
RELAY—ONE MILE	3m. 21.4s. Hollywood, Cal., H. S., 1929	3m. 9.4s. California, 1941	3m. 9.4s California, U.S.A., 1941
RELAY—TWO MILES	8m. 5.5s. Roosevelt, Des Moines, Ia., 1938	7m. 34.5s. California, 1941	7m. 34.6s. California, U.S.A., 1941

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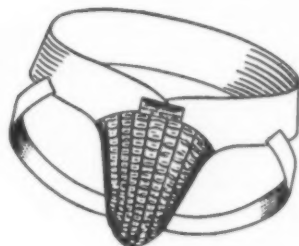
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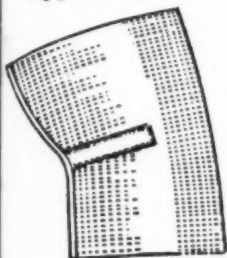


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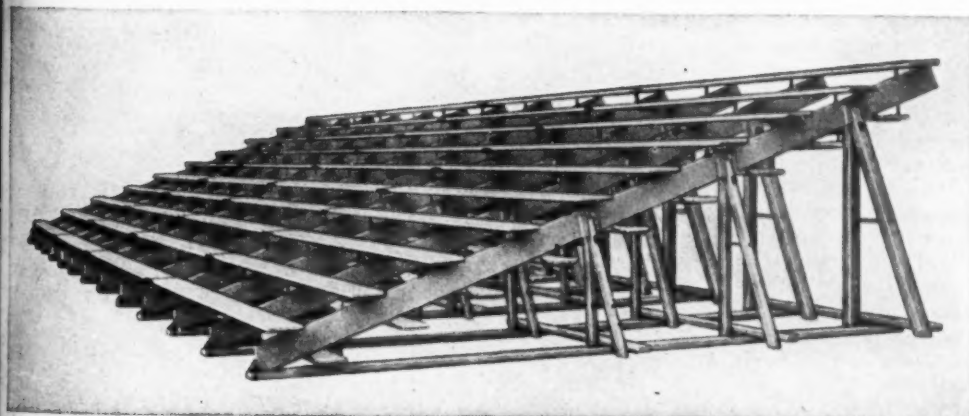
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By Francis P. Wall and Dr. Louis D. Zeidberg. Pp. 392. Illustrated—drawings. New York: Prentice-Hall, Inc. \$2.75.

SINCE this book already has had 10 printings, chances are you're familiar with it. Particularly suitable as a classroom text, the book presents the principles of hygiene (personal and community) concisely and practically.

In this (third) revised edition, all the material has been brought up to date. You'll also find two new sections: one on the physical rehabilitation of the sick and injured, another on deformities of the jaws and teeth. Also included is the latest material on the sulfa drugs and penicillin.

THE GYMNASIUM DIRECTOR'S HANDBOOK. Pp. 80. Illustrated—tables and drawings. Providence, R. I.: Narragansett Machine Co. Free.

YOU certainly can't go wrong on this handy little handbook. In it you will find a mountain of helpful information on such varied subjects as:

Weights and measures; postage rates; track records (American, World and Olympic); national gym champs; standard gym equipment for public schools; care of gym apparatus; space requirements for games, including court layouts; first-aid; muscle charts; a bibliography of physical education and sports books; and a calendar with space for daily notations.

What more can you ask for—for free? Write to the Narragansett Machine Co., Providence, R. I.

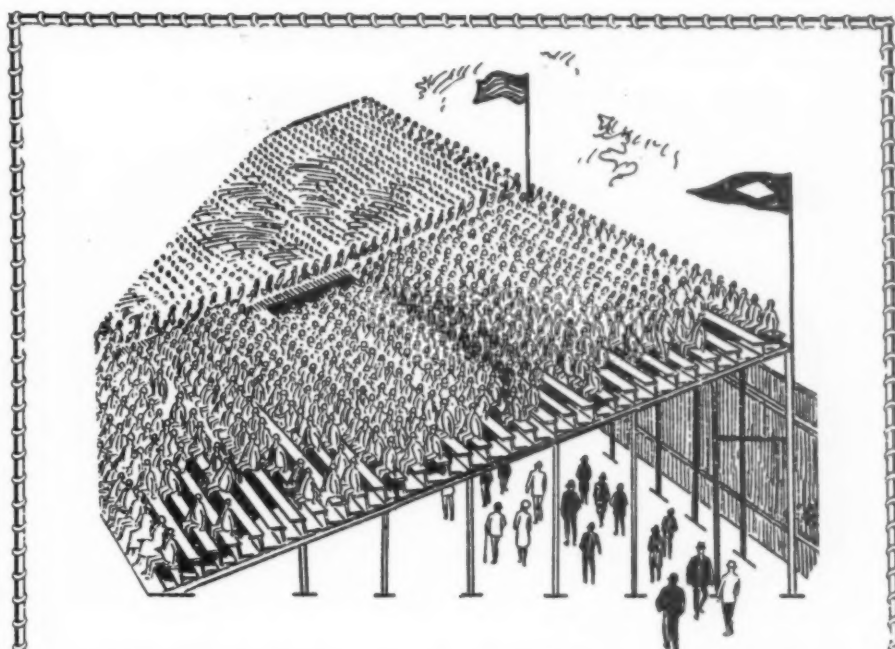
PLAN BOOK FOR COMMUNITY SPORTS AND RECREATION FACILITIES. Prepared by The Athletic Institute. Pp. 30. Illustrated—photographs and working drawings. Free.

WITH more and more communities going in for living war memorials, this book is particularly timely and valuable. It consists of 30 pages of large, fully detailed plans for all types of recreational facilities, ranging in area from one block to several hundred acres.

Included also are tips on organizing and financing the project, planning, and publicity for action.

For your copy, write: The Athletic Institute, 209 So. State Street, Chicago 4, Ill.

Cities, towns, schools and organizations interested in the memorial type of community development will find much practical information in the two free brochures put out by the American Commission for Living War Memorials, 30 E. Broad St., Columbus, Ohio. (*Memorials That Live and More About Memorials That Live.*)



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Designers, Manufacturers of Indoor and Outdoor
GRANDSTANDS • SECTIONAL • PORTABLE
Permanent Stadia for All Mass Seating Requirements

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Your boys deserve the best in equipment!

... and you'll find no better value than that offered by National. Designed by a staff of such experts as John J. Walsh (famous University of Wisconsin coach) and built by experienced craftsmen. • JIM-FLEX MATS ... made of platten process layer felt, guaranteed free from broken steelpunching needles ... 100% safe. Side walls built up square ... reinforced handles ... extra strong covers ... hand-tufted every 6" ... built to stand abuse. • TRAINING BAGS ... perfectly balanced ... just the



right "feel" ... built for tough use. Develops accuracy, speed, reach and punch. • BOXING RINGS ... strong ... safe ... portable.



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Program of approximately 500 courses. Series of one week coaching courses in basketball, football, track and field, baseball, wrestling, soccer, swimming, and gymnastics especially designed for returning veterans and others who wish to prepare for school or college coaching positions.

Health Education Workshop—
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DIRECTOR OF SUMMER SESSIONS
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For other information, write

PHILIP J. HAMMES
Proctor High School, Utica, N. Y.

COACHING SCHOOL DIRECTORY

BETHANY COLLEGE—Bethany, W. Va. Aug. 12-16. John Knight, director. Courses: Football. Staff: Frank Thomas, Lynn Waldorf. Tuition: \$15. (See adv. on page 50).

EDINBORO COACHING SCHOOL—Edinboro, Pa. Aug. 7-11. James F. Hyde, director. Courses: Football, Athletic Administration. Staff: Lynn Waldorf, Burt Ingwersen, Stu Holcomb, Ted Payseur. Tuition: \$20, including room and board.

GEORGIA TECH—Atlanta, Ga. Dates and Staff to be selected. Dwight Keith, director. Courses: Football, Basketball, Training. Tuition: \$10.

HOLY CROSS—Worcester, Mass. June 24-28. Ox DaGrosa, director. Courses: Football, Baseball, Basketball. Staff: Ed McKeever, Ox DaGrosa, Doggie Julian, Hop Riopel. Tuition: \$25. (See adv. on page 62).

ILLINOIS H. S. COACHES ASSN.—Champaign, Ill. Aug. 21-24. N. A. Ziebell, director. Courses: Football, Basketball, Baseball, Track. Staff: To be selected. Tuition: \$5, members; \$10, non-members.

INDIANA BASKETBALL SCHOOL—Logansport, Ind. Aug. 22-24. Cliff Wells, director. Staff: Adolph Rupp, Loren Ellis, Bunny Levitt, E. N. Case. Tuition: \$10.

IOWA H. S. ATHLETIC ASSN.—Spirit Lake, Ia. Aug. 19-23. Lyle T. Quinn, director. Courses: Basketball, Football, Baseball, Track. Staff: Hank Iba, Everett Dean, Bo McMillin, others. Tuition: \$15 (including board and room); 50% more for out-of-state coaches.

KANSAS COACHING ASSN.—Wichita, Kan. Aug. 19-26. E. A. Thomas, director. Courses: Football, Basketball, Baseball, Track, Six-Man Football, Training. Staff: To be selected. Tuition: \$10.

NEBRASKA H. S. ACTIVITIES ASSN.—Lincoln, Neb. Aug. 13-16. O. L. Webb and A. J. Lewandowski, directors. Courses: Football, Basketball, Baseball, Track. Staff: Bernie Masterson, others.

NEW YORK H. S. ATHLETIC ASSN.—Hamilton, N. Y. Aug. 26-31. Philip J. Hammes, director. Courses: Football, Basketball, Six-Man Football, Baseball, Track, Training. Staff: Howie Odell, Clarence Munn, others. (See adv. on page 62).

OKLAHOMA ST. COACHES ASSN.—Oklahoma City, Okla. Aug. 19-23. Leo Higbie, director. Courses: Football. Staff: Ed McKeever, Fritz Crisler. Tuition: \$10.

PENN ST. COLLEGE—State College, Pa. Inter-Session, June 10-20; Main Session, July 1-Aug. 10; Post-Sessions, Aug. 12-31 and Sept. 3-21. Courses: All Sports, Health and Physical Education, Recreation. Staff: College Faculty. (See adv. on page 62).

TEXAS H. S. COACHES ASSN.—Corpus Christi, Tex. Aug. 5-9. Bobby Cannon and Bill Carmichael, directors. Courses: Football, Basketball, Track, Training. Staff: Dana X. Bible, Ray Eliot, Adolph Rupp, Frank Kimbrough, others. Tuition: \$10, members; \$15, non-members.

HOLY CROSS COACHING SCHOOL

June 24 to June 28

College of the Holy Cross
Worcester, Massachusetts

FOOTBALL
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Faculty

Ed McKeever, Cornell University—T Formation and variations.

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Complete Football Coverage

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- Holy Cross system, Rhode Island State system and other nationally known systems.
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- Fundamentals in coaching baseball.

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Registration at Holy Cross College Athletic Assn. Living quarters on Holy Cross campus at \$1 a night. Eating facilities on campus at reasonable price.

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Used in Schools, Colleges, Army Bases and Naval Stations coast-to-coast. Full line wrestling, boxing, tumbling mats and foot-ball dummies. Send for catalog and prices.

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GYMNASIUM and PLAYGROUND APPARATUS.

PORTABLE BLEACHERS and GYMNASIUM STANDS.

BASKETBALL ELECTRICAL SCORE-BOARDS.

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**CLUB AND SPORT PINS
MEDALS — BADGES — EMBLEMS
TROPHIES**
EAGLE REGALIA COMPANY
298 BROADWAY, NEW YORK 7, N. Y.

UNIVERSITY OF COLORADO—Boulder, Colo. June 14-18. Harry Carlson, director. Courses: Football, Basketball, Track. Staff: James Yeager, Forrest Cox, Frank Potts.

UNIVERSITY OF IOWA—Iowa City, Ia. June 11-Aug. 7. E. G. Schroeder, director. Courses: Physical Education and Coaching.

UNIVERSITY OF MINNESOTA—Minneapolis, Minn. June 17-July 27. L. F. Keller, director. Courses: Football, Basketball, Track, Physical Education. Staff: Bernie Bierman, Dave MacMillan, Jim Kelly, others. Tuition: \$35.

UTAH ST. AGRICULTURAL COLLEGE—Logan, Utah. June 10-14. E. L. "Dick" Romney, director. Courses: Football, Basketball. Staff: Frank Leahy, Hank Iba. Tuition: \$10.

WASHINGTON ST. COLLEGE—Pullman, Wash. June 10-July 5. J. Fred Bohler, director. Courses: Football, Basketball, Baseball, Physical Education. Staff: Coaches Sorboe, Friel, and Bailey. Tuition: \$23.

WENTWORTH MILITARY ACADEMY—Lexington, Mo. Aug. 26-30. Capt. Chink Coleman, director. Courses: Football, Basketball, Baseball, Track, Swimming, Golf, Training. Staff: George Sauer, Hank Iba, Buddy Brothers, Louis House, Al Duer, Chuck Taylor, Capt. Edgar Muench, Capt. Karl Berninger, Frank and Chuck Cramer.

WISCONSIN H. S. COACHES ASSN.—Madison, Wis. Aug. 19-23. Warren Kasch, chairman. Courses and Staff to be selected.

"Here Below"

(Continued from page 5)

menace. But what?

Some of our frustrated Einsteins have suggested chopping the floor into arcs, triangles, circles, and other cute geometrical figures marked "No Trespassing."

But this wouldn't work. It will only fence off more of the playing surface. And the three-second rule lops off enough as it is.

How about Phog Allen's proposition to raise the baskets an extra two feet? No soap. How can you give the little fellow a break by moving the target still farther out of his range?

Allen's 12-foot basket was tested recently in Kansas City. Much to Mr. Allen's embarrassment, the leading scorer was an Elmore Morgenthaler, a stripling who towers 7 ft. 1 in. He dunked 12 field goals and five fouls.

So we may as well face it—the proper height for the basket is neither 10 nor 12 feet. To even up scoring opportunities for everybody, you've got to anchor the hoop at either 200 feet or two feet.

Hacking—two shots!

SCHOLASTIC COACH MASTER COUPON

Readers of Scholastic Coach may use this convenient form to obtain free literature and sample goods from Scholastic Coach advertisers. The offers listed are self-explanatory. For further details refer to the advertisement; the page number is given in parentheses next to each advertiser. After carefully checking items desired, mail this coupon directly to Scholastic Coach Advertising Department, 220 East 42 Street, New York 17, N. Y.

ADLER CO. (40)

- ☐ Information on Athletic Socks

ALCOHOL EDUCATION

- ☐ Tuss McLaughry's Poster, "Condition Pays" How Many

ATLAS ATH. EQUIP. (49)

- ☐ Catalog

AWARD INCENTIVES (60)

- ☐ Catalog

BECTON, DICKINSON (30)

- ☐ Ace Athletic Manual

BIKE WEB (17)

- ☐ Information on Athletic Supporters

BRISTOL-MYERS (39)

- ☐ Free Teaching Aids
☐ Physical Fitness
☐ Dental Health
☐ Personal Grooming

BROOKS SHOE (50)

- ☐ Information on Safety Football Shoes

CEDAR KRAFT (55)

- ☐ Information on Electric Scoreboards

COACHING SCHOOLS

- ☐ Bethany College (50)
☐ Holy Cross (62)
☐ N. Y. State (62)
☐ Penn State (62)

JOHN T. CORE (60)

- ☐ Information on Score Cards for Track

C. R. DANIELS (6)

- ☐ Catalog on New Line of Football, Baseball, Softball, Gym and Field Equipment

DENVER CHEMICAL (47)

- ☐ Handbook, "Athletic Injuries"

M. DUCOMMUN (51)

- ☐ Information on Stop Watches

DUNLOP RUBBER (60)

- ☐ Tennis Book, "Stroking with Vincent Richards"

DU PONT DE NEMOURS (59)

- ☐ Information on Nylon Tennis Strings

EAGLE REGALIA (62)

- ☐ Information on Sport Pins and Buttons, Medals, Trophies

GRISWOLD & NISSEN (55)

- ☐ Booklet, "Tips on Trampolining"

GULF OIL (35)

- ☐ Booklet, "Sani-Soil Set for Controlling Dust"

HANNA MFG. (57)

- ☐ Information on Batrite Bats

HILLERICH & BRADSBY (53)

- ☐ Famous Sluggers Year Book
☐ Softball Rules Book

HILLYARD SALES (53)

- ☐ Catalog on Floor Treatment and Maintenance

E. P. JUNEMAN (52)

- ☐ Booklet, "Badminton and Tennis Strokes"

KAHNFAST ATHLETIC FABRICS (48)

- ☐ Addresses of Nearest Uniform Makers

KING SPORTSWEAR (31)

- ☐ Information on Sports Uniforms

BRADLEY M. LAYBURN (62)

- ☐ Information on Gym and Playground Apparatus, Portable Bleachers

LINEN THREAD (Inside Front Cover)

- ☐ Catalog on available nets

MacGREGOR-GOLDSMITH (21)

- ☐ Sports Catalog

MARBA SYSTEM (60)

- ☐ Information on Athletic Equipment Reconditioning

McARTHUR & SONS (48)

- ☐ Postwar School Towel Plan

FRED MEDART (4)

- ☐ Book, "Physical Training, Practical Suggestions for the Instructor"
☐ Booklet, "Physical Fitness Apparatus"
☐ Catalog on Telescopic Gym Seats, Steel Lockers
☐ Catalog on Basketball Backstops, Scoreboards

MUTUAL LIFE (26)

- ☐ Aptitude Test

NADEN ELECTRIC (55)

- ☐ Information on Scoreboards

NATIONAL SPORTS (61)

- ☐ Catalogs: Bases, Mats, Rings, Training Bags, Wall Pads, Pad Covers

NOCONA LEATHER (27)

- ☐ Information

O-C MFG. CO. (57)

- ☐ Information on Apex Athletic Supporter (See ad on how to obtain Free Supporter)

OCEAN POOL SUPPLY (46)

- ☐ Information on Trunks, Klogs, Kicka Boards, Nose Clips, Caps, Swim Fins

PETERSEN & CO. (62)

- ☐ Catalog on Gym Mats, Wrestling Mats, Boxing Rings, Mat Covers and Prone Shooting Mats

PRECISION SPORTS (44)

- ☐ Folder on Grid-Eye Measuring Device

QUAKER OATS

- ☐ "How to Play Winning Basketball" by Adolph Rupp
☐ How Many
☐ Poster, How to Keep Fit for All Sports

RAWLINGS (3)

- ☐ Catalog

(Numbers in parentheses denote page on which advertisement may be found)

SEE PAGE 64 FOR OTHER LISTINGS AND FORM FOR SIGNATURE

NATIONAL SCHOLASTIC RIFLE TOURNAMENTS

● HERE is a dead-center hit for your rifle program—an intramural tournament run by you wholly within your school. There is no obligation, no red tape. All you do is fill out the coupon. We send the awards, drawcharts and other helpful materials.

SCHOLASTIC INTRAMURAL RIFLE TOURNAMENTS
220 E. 42 St., New York, N. Y.

Please enroll my school and send the awards, drawchart and tournament instructions. We will have a boys' tournament _____; girls' tournament _____ starting date _____

My name _____ Faculty position _____ I am a qualified N.R.A. instructor _____ (check). I wish to become a qualified instructor. Please send me the training course outline and study manual _____ (check). I would appreciate help from the National Rifle Association in finding a properly qualified instructor in my community _____ (check).

Name of School _____ City _____ State _____

Enrollment of School: Boys _____ Girls _____

SCHOLASTIC COACH MASTER COUPON

(See page 63 for other listings)

(Numbers in parentheses denote page on which advertisement may be found)

- | | | |
|---|--|--|
| REGALIA MFG. (52)
<input type="checkbox"/> Catalog and Price List on Flags, Plaques, Emblems, Award Ribbons | SOLVAY SALES (55)
<input type="checkbox"/> Folder, "For Cleaner, Weedless, Dust-Free Play Areas" | VICTORY CHEMICAL (54)
<input type="checkbox"/> Sample of Mark Remover for Gym Floors |
| REMINGTON ARMS (2)
<input type="checkbox"/> Instructor's Manual on Operation of a Rifle Club | SOUTHWEST MFG. (47)
<input type="checkbox"/> Price List on Baseball and Softball Bats | VOIT RUBBER (23)
<input type="checkbox"/> Catalog on Rubber Covered Athletic Balls and Equipment
<input type="checkbox"/> Illustrated Price List |
| REVERE ELECTRIC (46)
<input type="checkbox"/> Sports Bulletin | SPALDING & BROS. (1-14-15)
<input type="checkbox"/> Catalog
<input type="checkbox"/> Sports Show Book | WESTERN CARTRIDGE (41)
<input type="checkbox"/> Small-Bore Rifle Shooting Handbook |
| JOHN T. RIDDELL (Inside Back Cover)
<input type="checkbox"/> Catalog on Basketballs, Plastic Football Helmets, Shoes | UNION METAL (29)
<input type="checkbox"/> Catalog on Floodlighting Poles | WILLIAMS IRON (61)
<input type="checkbox"/> Information on Grandstands |
| SAND KNITTING (34)
<input type="checkbox"/> Information on Athletic Knitwear and Uniforms | UNIVERSAL BLEACHER (59)
<input type="checkbox"/> Information | WILSON (25)
<input type="checkbox"/> Catalog |
| SEAMLESS RUBBER (37)
<input type="checkbox"/> Information on SR Athletic Tape and Sav-A-Leg Home Plate | U. S. RUBBER (19)
<input type="checkbox"/> Booklet, "Track and Field," by Emil Von Elling
How Many | WINCHESTER ARMS (36)
<input type="checkbox"/> Small Bore Rifle Handbook |
| | VESTAL CHEMICAL (51)
<input type="checkbox"/> Information on Pyra-Seal Floor Finish | |

NAME _____ POSITION _____
(Principal, coach, athletic director, physical director)

SCHOOL _____ ENROLLMENT _____

CITY _____ STATE _____
No coupon honored unless position is stated April, 1946

Meet the Press

(Continued from page 16)

But the sphinx-like coach who has no comment or answers questions with a curt "yes" or "no," will never endear himself to the sportswriters.

Reporters prefer coaches who, naturally, are themselves at all times, give all the information that is sought, and sometimes information the boys didn't think of asking for. Sportswriters like the coaches who understand newspapers so well they can even suggest ideas for articles.

Which brings us to another coach's obligation. Just as a coach must know the sport he coaches, learn individually the quirks of character of each member of his squad, so must he learn to understand the fundamental newspaper functions.

And he must study, get to know the writer with whom he is associating.

The successful coach reaps a rich reward from a business association and friendship with a type of person who usually is a stimulating, fun-loving extrovert who cheers up those around him.

One last thought. A conscientious sportswriter will sometimes have to write critically. He will have to say that Mr. Coach lost the game when he ordered his best hitter to try squeezing the tying run home instead of swinging away.

The coach should never make a personal issue of this. Most veteran coaches remain undisturbed, having learned from long experience they are bound to make mistakes that will prove costly. These must be written about. They also know that the reporter who criticized their judgment is just putting in print what the fans in the stands are saying.

A young coach does not have the experience or the backlog of favorable press comments that more than offset the few criticisms. The sooner he learns to laugh off criticism, to understand it is not a personal issue, the sooner he will become a good coach who can concentrate fully on his job.

The young coach, however, has this advantage over the veteran. He has matured in an era when press relations is big business. The veteran remembers the day when the reporter was a character looked upon with suspicion, treated curiously and given as little information as possible.